The Truth

about

Food Grade Hydrogen Peroxide

*"If people let government decide
what foods they eat and what medicines they take,
their bodies will soon be in as sorry a state
as are the souls of those who live under tyranny."*
Thomas Jefferson

www.FoodGrade-HydrogenPeroxide.com

James Paul Roguski

"I drink hydrogen peroxide everyday and my ingesting of hydrogen peroxide didn't poison me at all. It cured my arthritis and it did so for a total of $6. If this is con artistry, it's the cheapest ripoff in history."

Walter Grotz
President of "ECH$_2$O$_2$" (Educational Concerns for H$_2$O$_2$)

"Hydrogen peroxide is a cheap substance that seems to help so many people with so many ills for so little money that its very mention is anathema to the drug monopoly."

Tom Valentine

"Everybody reading this is a bag full of dirty fluid. I have been telling everyone for many years that the ultimate cause of ALL disease is a LACK OF ENOUGH OXYGEN to clean our inner fluid environments."

"Mr. Oxygen" Ed McCabe
author of "Flood Your Body With Oxygen"

"The real problem with peroxide is that it won't bring in money. It is a natural substance and therefore can't be patented. There is really nothing the drug companies can do about it except scare people into thinking that it is bad for them."

George Borell
author of "The Peroxide Story"

"Hydrogen peroxide is involved in all of life's vital processes. It must be present for the immune system to function properly. It is truly a wonder molecule."

William Campbell Douglass, M.D.
author of "Hydrogen Peroxide Medical Miracle"

"Hydrogen peroxide therapy can help achieve a multitude of therapeutic outcomes that would be unthinkable with a single drug or mainstream medical procedure. When levels of oxygen increase, the potential for disease decreases."

Nathaniel Altman
author of "The Oxygen Prescription"

"Oxygen is the conductor of the orchestra of life. It is the spark for the furnace of human metabolism. It is the primary nutrient of life."

Majid Ali, M.D.
author of "Oxygen and Aging"

"No other chemical compound comes even close to hydrogen peroxide in its importance to life. Hydrogen peroxide is involved in all of life's vital processes."

Alwyne Pilsworth

"If oxygen had to be approved by the FDA, it wouldn't be."

Dr. Gregory Buckley
Associate Professor of Surgery
Johns Hopkins University



“The Wallet-ectomy”

The world’s most common medical procedure.

The Problem With Food Grade Hydrogen Peroxide

In **truth**, there are no problems with hydrogen peroxide. The problems rest with people.

Some people are **skeptical**. It all sounds too good to be true, so they never try.

Some people are **impatient**. They don't think that it works. They try a little, don't receive miraculous, Divine intervention that results in immediate healing of their life-long health problem, so they claim that it is a fraud.

Some people are **overly-aggressive**. They want results, and they want results NOW, so they take too much, suffer natural cleansing reactions and then go and say something stupid like... "That hydrogen peroxide is dangerous!" or "I'm allergic to hydrogen peroxide" or "Hydrogen peroxide made me sick!" or "Hydrogen peroxide makes me nauseous!" It's the "American Way". If a little is good, then a lot must be better, right?

Most doctors are **afraid** of the medical establishment. They are also **super-skeptical**, **hypocritical and closed-minded**. They say that they want scientific proof, but when a patient explains the results that they observed, they say that type of scientific data is "anecdotal" and they claim to need information that is "peer-reviewed". When you show them peer-reviewed scientific articles by the dozen, they won't even look at them and pathetically argue that it isn't "approved" by the FDA. When you point out that hydrogen peroxide was in common use prior to the law that created the FDA and that it has been used by millions of people for more than a century, they say it isn't safe. When you show them that the **pharmaceutical medications** that they recommend every day, (even when properly prescribed and administered in a hospital setting) **KILL over 100,000 people every year**, but properly administered hydrogen peroxide (even when used by regular people under their own guidance) has been shown to be 100% safe and has never killed anyone even after hundreds of thousands of treatments, they say that it's not covered by insurance. Exasperating!

Here's my point, and my point is simple. It's right here on page one. You don't have to read this entire book to get it.

Hydrogen peroxide is a naturally occurring NUTRIENT that SHOULD be found in all of our water and all of our food. Mother Nature puts it there, on purpose, and with good reason. Then we process it out!

I believe that *<u>every human ailment is aggravated by a nutritional deficiency of hydrogen peroxide</u>*.

My goal in writing this book is large. I hope that one day, everyone on earth will realize this and make it a habit to supplement their diet with hydrogen peroxide every day and also use hydrogen peroxide as a replacement for numerous toxic chemicals that they currently use. I hope that millions of people will make it a habit to prevent disease so that the industry that has grown up around "treating" the symptoms of disease will simply wither and die. It's a big goal.

The achievement of this goal starts with you. Are you willing to learn? Are you willing to try? Do you understand that an ounce of prevention is worth a pound of cure? Are you in it for the long haul?

Most people only become interested in their health after they have misplaced it. Then they want a quick cure, an instant remedy for their dis-ease. Please don't be like most people. An ounce of prevention truly is worth a pound of medication.

I encourage you to make food grade hydrogen peroxide a part of your life. It's inexpensive and easy. Drink it. Bathe in it. Spray it up your nose. Rinse your mouth with it. Stick it in your ears. Soak your feet in it. Brush your teeth with it. Use it in every way possible.

I am sure that its benefits will absolutely astound you.

Thank you.

James Paul Roguski

The Truth

about

Food Grade Hydrogen Peroxide

"If people let government decide
what foods they eat and what medicines they take,
their bodies will soon be in as sorry a state
as are the souls of those who live under tyranny."
Thomas Jefferson

www.FoodGrade-HydrogenPeroxide.com

James Paul Roguski

Under the Radar Publishing

The recommended methods of using hydrogen peroxide found in this book are in no way meant to be interpreted as medical advice, because hydrogen peroxide is not medicine. Hydrogen peroxide is not a “drug”. Hydrogen peroxide is a naturally occurring substance that is made by Mother Nature and is also made by every cell in your body. All of the information in this book is designed to encourage you to realize that hydrogen peroxide is a necessary NUTRIENT that your body desperately needs.

I am not going to blindly and obediently tell you to “ask your doctor” about hydrogen peroxide before using it, because the odds are very good that your doctor has absolutely no knowledge or understanding of the scientific information that is provided in this book. I will advise you to give your doctor a copy of this book and encourage them to read it. I will also advise you to get a new doctor. Preferably one who is listed in Appendix C at the end of this book. The material in this book is intended for education. It is also meant to be construed as advice that is designed to help you keep yourself healthy and balanced. This is not medical advice. This is health advice. It is not designed to treat any dis-ease. By definition, drugs are unnatural substances that are not found in the body and are designed to “treat” your symptoms. On the contrary, the information in this book will show you how to address the most fundamental nutritional needs of your body. It is far better to strive to maintain health rather than to merely attempt to doctor up the symptoms of one’s dis-ease. It is suggested that you rely upon your body’s own inner wisdom as your primary reference for the care and maintenance of your own health.

In my wildest dreams of the future, I see a world where doctors, pharmaceutical drug dealers, hospital administrators, health insurance claims adjusters, FDA bureaucrats and fundraisers for disease/ cure-seeking “causes” find themselves standing in the lines at the unemployment offices throughout the country for the simple reason that everyone else has learned the secret to vibrant health and no longer needs their services.

You are encouraged to take full responsibility for your own health and for your own actions.

CONTENTS

Food Grade Hydrogen Peroxide

Section 1

Everything you ever wanted to know about Food Grade Hydrogen Peroxide, but didn't know who to ask...

"Having collected and studied medical texts from the early part of the 20th Century, I have discovered many treatments and some actual cures for diseases existed that were commonly utilized, which we are now told remain mysteriously incurable. Medical politics has corrupted our health care system and as a result, curative means for correcting the ravages of chronic disease were expunged from the knowledge base of the medical profession, due mainly to greed on the part of medical politicians of powerful position. Medical education textbooks were systematically re-written by the way of the influence of wealthy robber barons of the Industrial Revolution in order to expand their riches and control the world's population and their governments through the sale of regulated pharmaceutical drugs. Many simple and efficacious non-drug treatment methods disappeared from the medical curriculum in all philanthropically subsidized schools practically overnight.

Licensing restricted medical practice by the establishment of 'standards of acceptable practice' along with oversight medical licensing boards which ordained rules of conduct and procedure that demanded that only the most profitable modalities were authorized for use in treatment. Physicians who dare to cross the demarcation line in the sand of the established dogma are promptly erased from the membership roster of the antiseptic club. ***Medicine is profit based and the status quo is to palliate symptoms rather than address the cause of the offending disorder. The profits are in the treatments, not in the cure.***

Medicine for profit is inherently evil."

Carmi Hazen
author of "Cancer, Its Cause and Treatment Without Operation"

For centuries, people who have worked in the health sciences have been seeking to identify the primary biochemical cause of all disease, and the cure-all that this basic principle would yield. **The cause and the cure have been found**, but their utter simplicity makes them difficult to accept at first. It seems that if it's really that simple, we should have discovered it ages ago and we should have been using it all along.

Well, **I've re-discovered it**. I am absolutely NOT the first to do so. I've been using it and I know that it works (as do many thousands of other people). It is literally right under your nose, and you can't see it!

EXPERIMENT - PART I

Please start by doing a very small, very simple experiment with me right now...

Just stop breathing. Don't take a deep breath first. Just hold your breath right where it is right now. Just stop breathing. Quietly start counting. As soon as you begin to feel any discomfort whatsoever, start to breathe again. Ready? Set? Go!

How long did you last? Ten seconds? Twenty? This experiment quickly shows you exactly how important oxygen is to you. I will bet my last dollar that, at the count of 30 or above, you were definitely NOT thinking about how glad you were that you eat organic food. You were definitely NOT thinking about how well your multivitamin was serving you at that moment. You were definitely NOT thinking about the benefits of the "anti-oxidant" formula that you have been consuming. You weren't even thinking about that bottle of water that you are always drinking. I would bet my last dollar that you were thinking about getting your next breath of OXYGEN!

When something as vital as oxygen is taken away in a dramatic, immediate manner, its importance becomes quite obvious. However, if that same oxygen is slowly and methodically removed from our system by pollution, poor diet and a host of other means, it is less obvious.

EXPERIMENT - PART II

Please get a medium sized paper or plastic bag. Hold it over your mouth and nose so that the only air that you can breathe in comes directly from the inside of the bag. OK? Now hold it there for the rest of your life!

Breathing this way is analagous to living in New York, Tokyo, Los Angeles, Mexico City or just about any other city in the world. With limited oxygen intake, how long do you think it will be before you begin to develop chronic symptoms such as fatigue, irritability, aches and pains and so on?

Human beings can go for several months without food and even for several days without water, but we all require a continual supply of oxygen in order to survive. We cannot live without oxygen for more than a few minutes. If you had to guess which vital nutritional compound you most needed to supplement, wouldn't you be inclined to guess...

OXYGEN?

Of all the nutrients needed by the body, only oxygen is in such constant demand that its absence brings death in just a few minutes. Most people tend to get caught up in the small details of nutrition and tend to overlook the fundamental necessity and importance of oxygen and the role that its deficiency plays in every disease or illness. **What if you could very easily add that oxygen to water and consume it directly? Well, Mother Nature beat you to it. Did you know that hydrogen peroxide is simply oxygenated water?** Hydrogen peroxide is water that has extra oxygen in it. Made up of two hydrogen atoms and two oxygen atoms, it is known chemically as H_2O_2.

I humbly suggest that you stop focusing on inconsequential details and start focusing on the most important **NUTRIENT** in the world...

HYDROGEN PEROXIDE!

Hydrogen peroxide was first discovered by the French chemist Louis-Jacques Thenard in 1818, who very appropriately named it "eau oxygenee" or oxygenated water. In Spanish, hydrogen peroxide is known as "agua oxigenada" and in Italian, it is called "acqua ossigenata".

Low grade pharmacy/grocery store hydrogen peroxide is well-known to most people. When we apply it externally to an open wound, hydrogen peroxide produces a bubbling sensation, which is just the extra oxygen being released. Unfortunately, pharmacy grade hydrogen peroxide is filled with toxic stabilizers designed to prolong shelf life (phenacetin, acetanilide, sodium stannate and others). These toxic chemicals are also added in order to prevent you from using hydrogen peroxide internally in ways that can result in nearly miraculous health benefits.

Hydrogen peroxide occurs naturally within the Earth's biosphere. Here's how Mother Nature makes it... Plants take in water from soil. During the process of photosynthesis, they remove the hydrogen atoms from the water (H_2O) and then combine the hydrogen with carbon dioxide (CO_2) from the air to make carbo-hydrates/hydro-carbons/sugar. The plants then "breathe" out the oxygen that is left over from the water that they have de-hydrogenated. This oxygen is lighter than the air at ground level, so it rises higher up into the atmosphere. At high elevations (from 6-22 miles) this relatively stable form of oxygen (O_2) is bombarded by photons of light in the ultraviolet range of the

electromagnetic spectrum (wavelengths 185-254 nanometers). This radiation splits the O_2 in half and these oxygen atoms (O_1) immediately attach themselves to the nearest molecule. Many of the oxygen atoms attach themselves to molecules of O_2 to form ozone or O_3. Contrary to popular media propaganda, the "ozone layer" does not protect us from the sun's radiation. The oxygen (O_2) that was split by radiation is what did the protecting and the ozone layer is the result of that protection. Since ozone (O_3) is heavier than the oxygen (O_2), it begins to fall back toward the surface of the earth. As it comes into contact with molecules of water vapor, the ozone donates its third oxygen atom to the water, which forms H_2O_2 ($H_2O + O$), which is known as hydrogen peroxide.

This oxygenated water (hydrogen peroxide) falls to earth in rain and snow. It acts as a natural disinfectant in lakes, rivers and oceans. If it were not for the hydrogen peroxide in rainwater, the earth's surface would be putrid from bacterial overgrowth. Clean, fresh spring water, glacial melt and fast flowing streams all have relatively high amounts of hydrogen peroxide. Maybe the "Fountain of Youth" that was so passionately sought by Ponce de Leon and others was right there, in the sea underneath their ships the entire time!

Hydrogen peroxide has also been found in many of the healing springs of the world, including Fatima in Portugal, Lourdes in France and the Shrine of St. Anne in Canada. Legend has it that on February 11, 1858, the Virgin Mary, our Lady of Lourdes, appeared to a fourteen year old girl, Bernadette Soubirous, at the Grotto of Massabielle in Lourdes, France. Amongst other things, she told Bernadette to bathe in and drink from the waters in the grotto. The water in Lourdes is purported to contain hydrogen peroxide. If Lourdes was in the United States, the FDA would probably try to shut it down as a health *hazard*!

Hydrogen peroxide is absorbed by the roots of plants along with water and it is an important component of plant life. Small amounts are found in practically all vegetables and fruits, including fresh cabbage, asparagus, green peppers, watercress, oranges, apples, watermelons and aloe vera until it is removed along with water when any food is dehydrated. Honeybees collect fresh, hydrogen peroxide rich nectar from flowers and, as a result, the honey that they produce has antibacterial properties that can be attributed to its hydrogen peroxide content. Hydrogen peroxide is also found in the animal kingdom and is involved in many of our body's natural processes. Numerous strains of beneficial bacteria found in our digestive tract produce hydrogen peroxide.

Let me make this very simple and clear. Food contains nutrients that are vital to human health. Hydrogen peroxide is such a NUTRIENT. *The food that you eat is deficient in hydrogen peroxide*! You should use liquid hydrogen peroxide as a daily nutritional supplement in order to compensate for your dietary deficiencies.

Just like any other important nutrient, when tissue levels of hydrogen peroxide increase, the potential for disease decreases. Germs, parasites, fungi, bacteria and viruses along with diseased and deficient tissue cells are all killed by hydrogen peroxide. Healthy cells not only survive when the concentration of hydrogen peroxide increases, but they become stronger and healthier. The main difference between human cells and pathogenic bacteria, viruses, fungi, mold and parasites is that human beings (obviously) need oxygen to survive, and pathogens tend to thrive in low oxygen environments that accompany stagnation, decay and death. This is due to their more primitive evolutionary origins when the earth's atmosphere was nearly devoid of oxygen. When your oxygen levels drop below that which is optimal for human life, your body becomes a growth medium for pathogenic anaerobic organisms (think sewer!)

OXYGENATION

Oxygenation is simply increasing the amount or percentage of oxygen. Breathing is the major way in which the body is oxygenated. In the human body, diatomic oxygen (O_2) that is breathed in through the lungs is transported by hemoglobin, a protein that is found on red blood cells. This insures that it gets to where it is needed and does not react with anything else along the way. Oxygen has the ability to accept electrons from other elements and molecules in order to combine with them and form new compounds which are often known as oxides. Oxygen rich red blood cells carry a negative electrical charge. If oxygenation is uniform and complete, individual red blood cells repel each other and travel through capillaries in single file. If an individual red blood cell is de-oxygenated or damaged to the point that it obtains a positive electrical charge, it will attract two negatively charged blood cells and clump together, blocking blood flow and increasing blood pressure.

As an oxygenator, hydrogen peroxide is able to deliver small quantities of oxygen to the blood and other vital systems throughout the body. Bright crimson colored blood carries far more oxygen than darker, maroon colored blood. Arterial blood is generally a brighter red because it has recently passed through the lungs and picked up oxygen. Venous blood is usually darker in color because it has just passed through the capillaries and dropped off oxygen for the body's tissues.

"The findings suggest that these fluids [blood, plasma] become 'supersaturated' with oxygen following the breakdown of exogenous hydrogen peroxide. The quantity of oxygen in solution was found to be equivalent to three to twelve atmospheres of oxygen depending on the time of sampling following the addition of hydrogen peroxide."
(B.E. Jay, W. Finney, G.A. Baila, and J.T. Mallams, "The Supersaturation of Biologic Fluids with Oxygen by the Decomposition of Hydrogen Peroxide", **Texas Report Biol & Med**, 1964, Volume 22, pages 106-109)

"We can prove with blood samples that we can hyperoxygenate your bloodstream better with hydrogen peroxide than by breathing oxygen. Better than by infusing ozone, which we used to do, either rectally or into the bloodstream directly. Better than by putting the patient into a hyperbaric oxygen chamber. We can increase the oxygenation level in the body tremendously. You can see the difference, in the color of the blood, of a patient who has had hydrogen peroxide infused into them. Oftentimes, if you've ever seen a person who is not well cut themselves, the blood has a dark bluish, purplish color that is obviously not healthy. When you start infusing hydrogen peroxide, the blood we draw when we take samples is a bright, healthy color that looks good."
(Dr. Kurt Donsbach, D.C., N.D., Ph.D.)

When properly stored in its bottle, diluted hydrogen peroxide takes months, even years to break down. It is incredibly stable, but it does slowly decompose spontaneously back into the water and oxygen from which it was created. ($2H_2O_2 > 2H_2O + O_2$) A 3% solution of hydrogen peroxide used to be known as a ten volume strength. This means that one pint of (liquid) 3% food grade hydrogen peroxide actually contains 10 pints of (gaseous) oxygen.

Increasing the level of oxygenation in the blood can be compared to cleaning the ashes and coals from a fireplace and opening up the chimney flue in order to transform a smoldering, smoky fire into a clean, brilliantly burning flame. The transformation which can take place in the body that is nourished by blood that is superoxygenated is absolutely astounding.

When hydrogen peroxide is added to the bloodstream, it comes into contact with two important compounds: catalase and cytochrome C. If the concentration of hydrogen peroxide added to the blood is too high, the enzyme catalase quickly converts two molecules of hydrogen peroxide into two molecules of water and one molecule of diatomic oxygen ($2H_2O_2 > 2H_2O + O_2$). When this happens, the blood becomes more highly oxygenated (which is good), but the truly incredible benefits of hydrogen peroxide are lost.

In 1984, J.M. Wrigglesworth found that low concentrations of hydrogen peroxide formed a stable intermediate complex with cytochrome C oxidase which persisted for up to thirty minutes. This complex was not formed when higher concentrations were used. Cytochrome C oxidase holds on to hydrogen peroxide long enough to enable it to find its way to nearly every corner of the body where hydrogen peroxide can then begin to work its wonders.
(J.M. Wrigglesworth, "Formation and Reduction of a 'Peroxy' Intermediate of Cytochrome C. Oxidase by Hydrogen Peroxide", **Biochem J.**,1984, 217, pages 715-719)

Many misguided "alternative health" enthusiasts have made wild claims about oxygen deficiency being the cause of all of our ailments. They "quote" various "scientific facts" about the amount of oxygen in the atmosphere now and in the past and imply that getting more oxygen is all that is needed to restore one's health. Well, if that was so, all anyone would need to do is rent an oxygen tank, stick a hose in their nose and breathe in order to cure their ailments. Oxygen (O_2) doesn't work that way, and hydrogen peroxide (H_2O_2) doesn't work that way either. There is a huge difference between the functions of the oxygen that we breathe (O_2) and the very unique and specific functions performed by hydrogen peroxide. It is important to understand that, in addition to providing oxygen, H_2O_2 actually stimulates important detoxifying enzymes. Dr. Charles Farr discovered that intravenous injections of H_2O_2 almost doubled the metabolic rate of his patients.

MERELY PROVIDING OXYGEN IS NOT WHY HYDROGEN PEROXIDE IS SO BENEFICIAL!!

HYDROGEN PEROXIDE THERAPY

Over the past century, thousands of medical doctors have infused dilute amounts of hydrogen peroxide into their patients' arteries, veins, mouths, noses, ears, vaginas and even their rectums. Hydrogen peroxide therapy can help achieve a multitude of therapeutic benefits that would be unthinkable with a single drug or mainstream medical procedure. Simply put, hydrogen peroxide works medical miracles!

The list of ailments that have been and can still be treated with hydrogen peroxide is unbelievably extensive. For a start, here is just one doctor's experience...

"I consider the use of hydrogen peroxide one of the most important treatments in my medical kit bag. The hydrogen peroxide compound I use is made in the laboratory, but it is important to know that hydrogen peroxide is also produced naturally in our own bodies. In my practice, I have used hydrogen peroxide to treat a range of conditions - everything from chronic fatigue immune disfunction syndrome (CFIDS), migraine headaches, multiple sclerosis and rheumatoid arthritis. Many patients with the conditions, diseases or problems numbered below have seen improvement after a course of treatment with hydrogen peroxide. Some have even been cured. But, in my opinion, simply knowing there are viable options for sick people who want to feel better, options they have not yet explored, is in itself encouraging.

1. *People experiencing cardiovascular problems, such as angina or heart attacks (coronary artery disease), could benefit from this therapy. Those who have strokes (cerebrovascular accidents), peripheral vascular conditions or arrhythmias have seen vast improvement in their conditions.*

__2.__ Many people who have been troubled by pulmonary (lung) disease (bronchial asthma, chronic obstructive pulmonary disease, or emphysema) have, for many years, found their breathing easier and had their energy restored by a course of hydrogen peroxide treatments.

__3.__ Inflammatory diseases, such as temporal arteritis or rheumatoid arthritis respond favorably to hydrogen peroxide therapy, and patients notice less swelling and more movement after treatments.

__4.__ People with endocrine problems have responded well to hydrogen peroxide. The endocrine glands, like the adrenals, the pituitary and the thyroid glands produce one or more internal secretions (hormones) that are introduced directly into the bloodstream and carried to the parts of the body they regulate. Type II diabetes and hypothyroidism are just some of the conditions related to hormone regulation that have been improved with this treatment.

__5.__ People with neuromuscular problems, highly prevalent today and with few, if any, solutions for their various physical manifestations, respond very well to hydrogen peroxide. Such conditions as cluster, migraine or vascular headaches can be cured. Chronic pain syndrome can see great improvement, and even very serious neuromuscular conditions, such as multiple sclerosis or Parkinson's disease, can be improved, although real cures are seldom reported. People treated with hydrogen peroxide therapy do find, however, that the therapy gives them more control over their limbs and bodies and they feel stronger. Alzheimer's disease related dementia, different from vascular dementia, does respond favorably to a course of treatment with hydrogen peroxide.

__6.__ Infectious diseases are very good candidates for treatment with hydrogen peroxide. Chronic bacterial infection, fungi (Aspergillus fumigatus, Blastomyces, or Candida species), parasites (Entamoeba Histolytica, Pneumocytis Carinii, or Trichomonas Vaginalis), viruses (herpes virus, CMV, HIV, and others) are all very effectively treated with hydrogen peroxide."

(Pavel I. Yutsis, M.D., **Oxygen to the Rescue**, ISBN 1-59120-007-5, p. 7, 83-85)

PEER-REVIEWED, PUBLISHED SCIENTIFIC PROOF

If you were paying attention to the above quote by Dr. Yutsis, you will see that he used the evil word "cure". The FDA does not like that word. If you were to ask, the United States Food and Drug Administration would tell you that **<u>they have received no evidence</u> that "proves" the safety and the effectiveness of hydrogen peroxide. True. True. True. It is true that no corporation has yet decided that it is worth the expense of millions of dollars to attempt to get hydrogen peroxide "approved" as a drug by the FDA. No one has attempted to put (naturally occurring) hydrogen peroxide through millions of dollars of tests to show the FDA what people with common sense already know (and have known and used for over one hundred years)!**

The following pages detail over forty articles that have been published in respected, peer-reviewed medical journals, going all the way back to 1888. The article references are printed in red ink and the name of the journals are in **bold print**. The number of scientific articles runs into the many thousands. Clearly, the FDA simply chooses to ignore the facts. One of the first books to document the benefits of hydrogen peroxide is called **"The Therapeutical Applications of Hydrozone and Glycozone"** by chemist Charles Marchand (Marchand's book was republished in 1989 by Walter Grotz - see Appendix B). The eighteenth edition of this book was published in 1904. While the title of this book is about ozonated water (Hydr-ozone, which is 9% hydrogen peroxide) and ozonated glycerin (Glyc-ozone), it also contains reprints of more than 140 articles that appeared in medical journals from 1888 to 1904 on the uses of "peroxide of hydrogen" (as hydrogen peroxide was originally known). **Several of these articles were originally published in the Journal of the American Medical Association!** Among the diseases that were treated successfully by hydrogen peroxide were...

acne
anthrax
bee stings
cancer of the womb
chilblains
cholera
diphtheria
ear infections
emphysema
endometritis
gangrene
gastritis
gonorrhea
gun shot wounds
hives
insect bites
leucorrhoea
measles
nephritis
periodontal disease
piles (hemorrhoids)
pneumonia
poison ivy
Rigg's disease
ringworm
scarlet fever
sore throat
tonsillitis
tuberculosis
typhoid fever
urethritis
vaginitis
whooping cough
yellow fever

IMMUNE SUPPORT

Hydrogen peroxide must be present for our immune system to function properly. Your white blood cells produce hydrogen peroxide that is used against harmful bacteria, viruses, yeast and parasites. It has always been hydrogen peroxide that naturally cures any and all types of infection within your body. Even penicillin's primary mode of action involves the production of hydrogen peroxide! The cells in the body that fight infection (white blood cells known as granulocytes) produce hydrogen peroxide as a first line of defense against harmful parasites, bacteria, viruses and fungi. When hydrogen peroxide levels are chronically low, our overall immune response is weakened, making us vulnerable to a wide range of diseases.

"Neutrophils have multiple systems available for killing ingested bacteria. Nearly each of these incorporates hydrogen peroxide, indicating its essential nature. Hydrogen peroxide is deposited intra-cellularly near bacteria within phagocytic vacuoles where it can react to form toxic hyperchlorous acid (HOCl) and/or possibly singlet oxygen. Hydrogen peroxide can also react with iron to form the highly toxic hydroxyl radical (OH).* ***Deficiencies of hydrogen peroxide production frequently increases susceptibility to infection****."*

(Dennis P. Clifford and John E. Repine, "Hydrogen Peroxide Mediated Killing of Bacteria", **Molecular and Cellular Biochemistry**, 1982, volume 49, pages 143-149)

Hydrogen peroxide also helps to increase the production of gamma interferon, a protein that promotes healing when cells are exposed to viruses or cellular messengers (cytokines).

(T. Munakata, U. Semba, Y. Shibuya, et al., "Induction of Interferon-gamma Production by Human Natural Killer Cells Stimulated by Hydrogen Peroxide, **Journal of Immunology**, 1985, 134(4), pages 2449-2455)

AIDS

It is well known that the actual diseases occurring due to AIDS consist of a combination of viral, fungal and bacteriological infections. Medical science has long recognized that hydrogen peroxide destroys viruses, bacteria, fungi and parasites. Unlike many individual drugs developed to fight specific pathogenic organisms, hydrogen peroxide simply kills them all.

Hydrogen peroxide is the PERFECT antibiotic!

Numerous studies have shown that hydrogen peroxide can help control bacteria...

(N.A. Klapes, "New Applications of Chemical Germicides: Hydrogen Peroxide, Programs and Abstracts of the American Society for Microbiology, **International Symposium on Chemical Germicides**, 1990, 20, p 14-15)

Legionella pneumophila

(R.I. Jepras and R.B. Fitzgeorge, "The Effect of Oxygen-dependent Antimicrobial Systems on Strains of Legionella Pneumophila of Different Virulence", **J. Hyg**, London, 1986, 97, 1 pages 61-69)

Treponema Pallidum

B.M. Steiner, G.H. Wong, P. Sutrave, et al., "Oxygen Toxicity in Treponema Pallidum: Deoxyribonucleic Acid Singlestranded Breakage Induced by Low Doses of Hydrogen Peroxide", **Cancer Journal Microbiology**, 1984, 30(12) pages 1467-1476)

Escherichia Coli

G. Brandi, P. Sestili, M.A. Pedrini, et al., "The Effect of Temperature or Anoxia on Escherichia Coli Killing Induced by Hydrogen Peroxide", **Mutat Res.**, 1987, volume 190, issue 4, pages 237-240)

Mycobacterium Leprae

(S.J. Klebanoff and C.C. Shepard, "Toxic Effect of the Peroxidase-Hydrogen Peroxide-Halide Antimicrobial System on Mycobacterium Leprae, **Infect. Immun.**, 1984, volume 44, issue 2, pages 534-536)

Group B Streptococci

(C.B. Wilson and W.M. Weaver, "Comparative Susceptibility of Group B Streptococci and Staphylococcus Aureus to Killing by Oxygen Metabolites", **J. Infect. Dis.**, 1985, volume 152, issue 2, pages 323-329)

Actinobacillus Actinomycetemcomitans

(K.T. Miyasaki, M.E. Wilson, R.J. Genco, "Killing of Actinobacillus Actinomycetemcomitans by the Human Neutrophil Myeloperoxidase-Hydrogen Peroxide-Chloride System", **Infect. Immun.**, 1987, volume 55, issue 4, pages 864-870

Numerous studies have shown that hydrogen peroxide can help control fungi...

Candida Albicans

(M. Sasada, A. Kubo, T. Nishimura, et al., "Candidacidal Activity of Nonocyte-Derived Human Macrophages: Relationship Between Candida Killing and Oxygen Radical Generation by Human Macrophages", **J. Leukocyte Biol,** 1987, 41(4), pages 289-294)

Aspergillus Fumigatus

(S.M. Levitz and R.D. Diamond, "Mechanisms of Resistance of Aspergillus Fumugatus Conidia to Killing by Neutrophils In Vitro", **J. Infect. Dis.**, 1985, 15291) pages 33-42)

Coccidioides Immitis
(J.N. Galgiani, "Inhibition of Different Phases of Coccidiodides Immitis by Human Neutrophils or Hydrogen Peroxide", **J. Infect. Dis.**, 1986, 153(2), pages 21-22)

Numerous studies have shown that hydrogen peroxide can help control parasites...

Pneumocystis Carinii
(E.L. Pesanti, "Pneumocystis Carinii, "Oxygen Uptake, Antioxidant Enzymes, and Susceptibility to Oxygen-Mediated Damage", **Infect. Immun**, 1984, 44(1), pages 7-11)

Toxoplasma Gondii
(H.W. Murray, "Cellular Resistance to Protozoal Infection", "**Annu. Rev. Med**., 1986, (37), pages 61-69)

Schistosoma Mansoni
(J.W. Kazura, P. de-Brito, J. Rabbege, et al., "Role of Granulocyte Oxygen Products in Damage of Schistosoma Mansoni Eggs in Vitro", **J. Clin. Invest**., 1985, 75(4), pages 1297-1307)

Entamoeba Histolytica
(E. Ghadirian, S.D. Somerfield, P.A. Kongshavn, "Susceptibility of Entamoeba Histolytica to Oxidants", **Infect. Immune.**, 1985, 51(1), pages 263-267)

and viruses...
(R.A. Heckert, M. Best, L.T. Jordan, et al., "Efficacy of Vaporized Hydrogen Peroxide Against Exotic Animal Viruses", **Applied and Environmental Microbiology**, 1997, Volume 63, Number 10, pages 3916-3918)

"It's so simple that it befuddles the great minds. Unlike healthy human cells that love oxygen, the vast majority of disease causing microbes absolutely cannot live in active forms of oxygen. Almost every virus, bacteria, fungi, mycoplasm, parasite and other pathogen are facultative anaerobes. Disease causing bugs can't live in active forms of oxygen and proper [amounts of] active oxygen is safe and harmless to humans! Put this all together and think about how profound and simple this answer for all disease is, and how it's been under our noses all along."
(Ed McCabe, **Flood Your Body With Oxygen**, 2003, ISBN 0-9620527-2-8)

RESPIRATORY ILLNESSES

Many of us have experienced influenza at least once in our lifetime. Symptoms of fever, coughing, chills, body aches, sore throat, headache and nausea are familiar to many flu sufferers. However, some people, especially the very young, the very old and others who are immunosuppressed can die from the flu (or from the treatments they receive for it!)

The first medical use of hydrogen peroxide was reported in the March 3, 1888 issue of **The Journal of the American Medical Association** in an article by I.N. Love, M.D., entitled "Peroxide of Hydrogen as a Remedial Agent." The article related Dr. Love's success in treating patients with a variety of diseases, including scarlet fever, diphtheria, nasal catarrh, acute coryza (head catarrh), whooping cough, asthma, hay fever and tonsillitis. In these cases, treatment primarily involved administering a diluted solution of hydrogen peroxide into the nostrils with a syringe. Dr. Love commented:

"The medicament to which I propose to direct your attention in this paper is the "Peroxide of Hydrogen"... the commercial peroxide of hydrogen is a 3 percent aqueous solution. From its very nature this agent should be a powerful antiseptic and a destroyer of microbes... The clinical application of a remedy is the best test of its value.

Scarlet Fever and Diphtheria - R.H., aged four years, an unusually intelligent and interesting boy, developed scarlet fever December 22, 1887. A pronounced case, temperature vibrating for several days from 102^o to 104^o, throat quite sore, some disposition to ulceration upon both tonsils. Within a week symptoms much modified, temperature ranging in the neighborhood of 100^o, where it remained for four days, child being quite playful but not permitted to get out of bed. At this time diphtheria became a complication, involving the pharynx and the nasal passages. The secretions from all the mucus surfaces were very profuse and purulent in character, and suffocation at times seemed imminent from its accumulation, and the odor was extremely offensive to the patient as well as the attendants. A well organized fibrinous exudation appeared over the surface of the nostrils well forward to the palate, and upward to the posterior nares. The submaxcilary and sublingual glands were much enlarged and engorged. Wherever a mucous surface was visible, if not covered with diphtheria membrane, it was violently inflamed nearly to the point of ulceration, and exuding a purulent and almost disgusting discharge. Temperature ranged in the neighborhood of 104^o and 105^o, and almost constant paroxysmal cough was present, due to the general irritation, and accumulated secretions, and at times a marked asthma was present, owing to reflex irritation, dependent upon the inflammation of the posterior nares. The general conditions were alarming, the child being almost in a state of frenzy, owing to his many discomforts.

Having been using the peroxide of hydrogen in various strengths for some months as a purifying and stimulating wash for purulent ulcers, sinuses and fistulae, as well as diphtheria, I concluded to use it as an application in this case. Diluting it with one part to two of water for application to the nasal passages by means of a syringe, and using it in its purity by means of a probang [slender sponge tipped rod] and absorbent cotton to the pharynx. I soon had the satisfaction of seeing the pus, and accumulated mucus

cleaned out from all the surfaces as if by magic. The child was a bright little hero, and, though semi delirious, he helped materially in its application, and also in the removal of the oxidized purulent matter. The nasal passages, front and back, were soon cleared out, the fauces [cavity at the back of the mouth] as well were kept in a comparatively clean condition... Wherever the solution came into contact with organic matter, a marked effervescence and bubbling ensued, and a breaking down of the accumulation or exudation and throwing off of the same occurred. The beneficial effect of the application was apparent, all the distessing symptoms were much abated, and within three or four days they had passed away... The success in this case was similar to that in six other cases."

(I. N. Love, "Peroxide of Hydrogen as a Remedial Agent," **The Journal of the American Medical Association**, March 3, 1888, pages 262-265)

Later in 1888, Dr. P.R. Cortelyou, M.D. reported his clinical experience with hydrogen peroxide to treat disorders of the throat and nose at the annual meeting of the Medical Society of Georgia. Dr. Cortelyou diluted hydrogen peroxide and used the fluid as a fine spray to treat people with chronic pharyngitis, rhinitis, cough, sore throat, tonsillitis and diphtheria.

"In peroxide of hydrogen we have a valuable remedy in all cases of diseases of mucous membranes, whether simple or the result of germs. I should also consider it to be useful in indolent ulcers and sores."

(P.R. Cortelyou, "80 Years Ago: Using Peroxide of Hydrogen in Diseases of the Throat and Nose," **Journal of the Medical Association of Georgia**, September 1968, pages 449-450 - Original article appeared in 1888)

A few years later, another positive report was published...

"I desire to place upon record a case that is unique in my own experience. The case was that of a child under four years of age. He had been attended by a dispensary physician during the first part of the illness, and this gentleman, when he gave up the case, had given a gloomy prognosis, with which I heartily coincided. On my first visit, I found the child's throat covered with blackish sloughs, the lips and tongue covered with fissures and ulcers, the nose discharging freely the irritating and offensive secretions of nasal diphtheria, the pain in the forehead, so that the disease had passed up into the frontal sinuses. Reddish spots and blotches appeared on the face and body. The stench was dreadful, the urine totally suppressed, but the few drops that were passed could not be saved for examination. The child had been delirious for some time, not being able to recognize his parents. The one good point was that his stomach retained milk fairly well. It has not been my good fortune to witness the recovery of many such cases. In fact, the more extended is my experience with diphtheria, the more I dread it, especially when it has become firmly established in the Schneiderian mucous membranes, and in the passage leading from the naso-pharynx. I felt it my duty to inform the parents that death was the only result to be expected and that they could be very thankful if their other children, six in number, should escape. However, I gave them a bottle of Marchand's Peroxide of Hydrogen, and directed them to syringe the nostrils and wash the mouth out with a solution diluted to one-fourth employed. ***This was repeated every hour, day and night.*** *No other treatment was employed, and whiskey was given with milk as the only food. The child began at once to improve. The right tympanic membrane gave way and then the solution was thrown in to the ear, and bubbled out the nose. The urine began to be secreted more freely, and the child was pronounced out of danger one week from my first visit."*

(W.M.F. Waugh, M.D., "Scarlatinal Diptheria", **The Times and Register**, Philadelphia, March 7, 1891)

The first published report of the use of intravenous hydrogen peroxide for influenza was reported in 1920 by British physicians Oliver, Cantab and Murphy. The authors were military physicians treating Indian Gurkha soldiers during an influenza epidemic. They encountered an 80% death rate among soldiers who developed pneumonia. One specific soldier, who was profoundly ill, had been so delirious for two days with a high fever that he had to be restrained to his bed and he was feared to be near death. In desperation, they decided to give the patient an intravenous infusion of two ounces of 3% hydrogen peroxide diluted with eight ounces of saline solution (0.75% peroxide) infused very slowly over a fifteen minute period of time. The patient tolerated the procedure without any pain or discomfort. Within approximately six hours, the patient was sitting up in bed and asking for food. His temperature gradually dropped down to normal, he rested well and fully recovered.

"The mortality (48% 12 of 25 patients) compared favorably with the 80% in similar cases not so treated, and moreso when it is remembered that we only treated the most severe and apparently hopeless."

(T.H. Oliver, B.C. Cantab and D.V. Murphy, "Influenza - Pneumonia: The Intravenous Injection of Hydrogen Peroxide," **The Lancet**, February 21, 1920, 1, pages 432-433)

The Los Angeles Times newspaper reported on August 18, 2008 that researchers had determined that the vast majority of deaths in th 1918 flu epidemic were actually due to bacterial infections. Dr. Anthony S. Fauci, the director of the National Institute of Allergy and Infectious Diseases stated that "We have to realize that it isn't just anti-virals that we need!" It has long been recognized that most "flu" deaths are actually due to pneumonia caused by bacterial infections.

Hydrogen peroxide helps stimulate the process of oxygenation in the lungs by increasing blood flow so that blood has more contact with air. Hydrogen peroxide also helps red

blood cells and hemoglobin carry oxygen to the cells of the lungs. This helps to remove foreign material, including dead and damaged tissue, from the alveoli (the tiny air sacs in the lungs where oxygen is taken into the bloodstream).

A landmark study to examine the effectiveness of intravenous hydrogen peroxide to treat patients with type A/Shanghai influenza was undertaken by Dr. Charles H. Farr in January, 1989. Symptoms of this strain are very pronounced and full recovery takes an average of 12-15 days. The patients were divided into two groups of twenty people each. The first group received "conventional treatment" which included antibiotics, decongestants, and pain relievers. Some patients supplemented these treatments with over the counter cold and cough preparations of their choice. The second group was given intravenous infusions of 250ml of 0.0375% hydrogen peroxide according to their needs. Eleven people received one infusion, seven people received two infusions (all seven had a prior history of lung problems) and two people received three infusions.

Among the group treated with the hydrogen peroxide, half got better in less than two days, 75 percent got better in three days and 90% got better in only 5.5 days. Overall the group treated with infusions of hydrogen peroxide missed a total of 5 days of work while the control group that received the "conventional treatment" missed 41 days of work!
(C.H. Farr, **"Rapid Recovery from Type A/ Shanghai Influenza Treated with Intravenous Hydrogen Peroxide"**, Oklahoma City, Oklahoma, C.H. Farr, 1993)

Given that millions of people come down with different varieties of influenza every flu season, the time, suffering and money lost to absenteeism that can be saved through hydrogen peroxide therapy could be significant indeed.

EMPHYSEMA

"It turns out that intravenous hydrogen peroxide can do something special, something that no other substance I know of can do. It can clean the lungs! Ask a pathologist what color a baby's lungs are. He'll tell you they're pink. At autopsy, fifty or more years later, those lungs are gray-black... filled with soot and grime from the air we breathe that could not be eliminated from the body. It's harder to transfer oxygen from the air you breathe through soot covered air sacks. Well, here's great news... Intravenous hydrogen peroxide lifts it off the surface of the air sacks. Then you cough this gunk up, get it out of your body, and you can breathe easier after that. Nothing else in medicine has this action."
(Gordon Josephs, D.O.)

"I will give you, in 30 seconds, a 20% benefit to all emphysemics. Twelve ounces of 3% food grade hydrogen peroxide (per gallon of water) in a vaporizer every night in an emphysemic's bedroom, and they will breathe freer than they have breathed in years! I do this for my lung cancer patients. Patients who could not lie down in bed to sleep can lie down after one night of breathing the vapors of hydrogen peroxide. It's amazing. It's a very simple thing to do."
(Dr. Kurt Donsbach, D.C., N.D., Ph.D.)

"There is nothing a doctor dreads more than seeing an emphysema patient walk or wheelchair into his office. They are usually thin (How can you eat, if you can't breathe?), blue in the face, gasping for air and thoroughly exhausted simply from trying to stay alive - a perpetually drowning patient. We have little to offer these desperate people... The first time I used intravenous hydrogen peroxide in one of these patients, I couldn't believe my eyes when he returned for a second dose three days later. Mr. R. D. had terminal emphysema. He had arrived at that last rite of passage for the emphysema victim: a wheelchair with constant oxygen being delivered through his nose. His color was that of slate, and his lips were blue in spite of the oxygen - an obviously hopeless situation. On his first visit to the Douglass Center he had just been released from the hospital after a bout of pneumonia. The next pneumonia attack was bound to get him, if heart failure didn't. As with all of our patients with lung disease, Mr. R. D. began to cough ten minutes after the treatment was started... With the first treatment, the patient will often seem to get immediately worse, with violent coughing and production of copious amounts of phlegm. You can actually turn the coughing on and off by turning the infusion on and off... The oxygen seems to bubble up between the membrane lining [of the lung] and the pus, thus propelling the pus upward. This stimulates coughing and removal of all the junk that has accumulated in the lungs... After the third treatment, he had some difficulty breathing. We cut the volume of fluid in his infusion by half, and he had no further reaction. After four treatments, he discarded his wheelchair and discontinued his nasal oxygen. His face has become pink, and he sleeps flat in bed with no difficulty. He was having to sleep propped up because of inability to breathe. This amount of improvement is unheard of in emphysema patients. Another sign of his remarkable recovery was a return of appetite and a weight gain of eight pounds. I am convinced that with peroxide therapy we finally have an effective treatment for these severely afflicted patients... The end result is a very happy patient."
(William Campbell Douglass, M.D., **Hydrogen Peroxide, Medical Miracle**, Second Opinion Publishing, 1996 ISBN 1-885236-07-7)

And finally, a very important case history from Dr. Charles Farr...

"Have you ever seen someone with chronic pulmonary disease? They're sick all the time. They can't breathe. They're coughing. They have a terrible life. As a physician, this has been very disheartening because you want to help them so much, but you just don't know what to do. Try to keep the lungs as clear as you can, which is not very much, and watch

them choke to death. Those alveoli, those air sacs in the lungs, they're full of all kinds of germs, all kinds of cells, secretions, bacteria, all kinds of things. If this gas comes out and goes back, this is what it might be doing: it may come out in the bottom of the air sacs, underneath the accumulated toxins, undermining that material, and cleaning it out from the bottom up. Wouldn't that be great, to be able to go in there and sweep all that up, and clean it out at one time? Killing the bacteria as it went through there. Then the oxygen goes back in. Keep somebody breathing until that mucous and everything is cut loose, then they cough it out. That was my idea. In practicality, it works. We had several people with chronic obstructive pulmonary diseases that we had been treating for years and years. They were hypoxic, no oxygen. They were sick all the time, running a fever because they had constant bacterial infections which we treated with hydrogen peroxide. What happened was this:

My first one, her name was Cliffie. I had been working with her for several years. I had seen a tremendous breakdown in her health over the past four or five years. She was getting worse, quick. I said: 'I don't know what this will do to you. I've got to prove it to myself. It's a very exciting substance. I wanted to make sure it was safe. I gave it to myself for the first personal test. I know it's real safe.' We started Cliffie on this hydrogen peroxide. Her first treatment, hooked her up, I walked out of the room. All of a sudden I heard her gagging and coughing and was sure she was dying. I rushed back in there. She was coughing copious amounts of material out. She couldn't really get her breath. It was really dramatic. I went over and shut this stuff off. I stopped it from running. The nurses were panicked. They thought she was dying. We shut it off and within about twenty seconds or so, she quit coughing, or slowed back down to her normal cough a minute. I talked to Cliffie and we decided she gagged on something else or maybe it was just one of those things. I turned it back on again and she started coughing again. I turned it back off and she quit. I sat there and played with it. I turned it on, she would cough. I turned it off and she would quit. What we were doing was this: we were emptying her from the bottom up. Cleaning those lungs out. She said: 'Let it run, I can take this. It's OK.' We did. We sat there while she coughed and coughed and coughed. She went home and coughed some more. By the next day, she was feeling better than she had felt in five years. We have given her a treatment a week now, for about eight treatments. She is feeling remarkably better. The chronic diarrhea she had is gone. The chronic fever she had is gone. She is coughing very little."
(Dr. Charles H. Farr, M.D., Ph.D., M.S.)

CANCER

Why is it that cancer patients are unable to go into any clinic in this country and say: "Listen, I really don't want to kill my immune system by swallowing your poisonous chemotherapy and I don't want to be nauseous and weak all the time. I also don't want you to bombard me with radiation because I don't want to lose all my hair. And finally, I don't want you to cut me open. I would really rather take my chances with a series of intravenous infusions of diluted hydrogen peroxide in order to help support my natural immune function. Let me try it. Help me. If it doesn't work, then we can try it your way."

Why is it that people have to leave this supposedly "free" country and travel to Russia, Cuba, Mexico, the Bahamas, Germany or France in order to exercise our God-given freedom of choice in regards to health treatments?

The rationale behind the use of hydrogen peroxide to treat cancer is based on a discovery by Dr. Otto Warburg, who was the director of the Max Planck Institute for Cell Physiology in Berlin. Warburg was awarded the Nobel Prize in 1931 for his discovery of oxygen transferring enzymes that are vital to cellular respiration. In 1944, Warburg again won the Nobel for identifying the enzymes that transfer hydrogen in metabolic processes. According to Dr. Warburg, the key precondition for the development of cancer is a disfunction of the cells' ability to properly process oxygen at a cellular level.

On June 30, 1966, two-time Nobel prize winner Otto Warburg presented a lecture entitled :"The Prime Cause and Prevention of Cancer" at Lindau, Lake Constance, Germany. The title of the lecture says it all. In this lecture, Warburg explained **the prime cause of cancer...**

*"Cancer, above all other diseases, has countless secondary causes but, even for cancer, there is only one prime cause. Summarized in a few words, **the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar**. All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs in great part by fermentation. From the standpoint of the physics and chemistry of life, this difference between normal and cancer cells is so great that we can scarcely picture a greater difference. Oxygen gas, the donor of energy in plants and animals is dethroned in the cancer cells and replaced by the fermentation of glucose. All cancer cells, without exception, must ferment, and no normal growing cell ought to exist that ferments in the body. Cancer metabolism has now been induced artificially in body cells by the simplest conceivable experimental procedure. If one provides an oxygen pressure so reduced that the oxygen respiration is partially inhibited, the purely aerobic metabolism of cells is quantitatively altered within 48 hours. Oxygen pressures that inhibit respiration 35% can occur at the end of blood capillaries in living animals so that the possibility arises that cancer may result when too low oxygen pressures occur. De-differentiation begins at once when respiration is inhibited in any way."*

Warburg believed that, in cancerous cells, the metabolic processes that produce energy via respiration are damaged or defective. Cancerous cells are unable to properly utilize oxygen in order to completely process sugars. As a result, they produce large amounts of lactic acid and small amounts of energy. These poorly functioning cells then produce the acidic environment that can damage mitochondria and DNA which can result in cancer and numerous other ailments.

In many human diseases, we find anaerobic fermentation of sugar in which a relatively small amount of energy (ATP) is extracted from a large amount of sugar. The muscle pain that often results after athletic exertion is caused by large amounts of lactic acid in the muscle tissue. Faced with large demands for energy and insufficient amounts of oxygen to fully oxidize sugar, muscle cells resort to fermentation. This fermentation simply involves "cracking" molecules of sugar in half to produce lactic acid.

$$C_6H_{12}O_6 > 2C_3H_6O_3$$

Glucose > 2(Lactic Acid)

In fermentation, the energy that is released by the breaking of molecular bonds in a single sugar molecule is trapped in the form of two (2) molecules of ATP. Please note that NO additional oxygen is needed to accomplish this. The fermentation of sugar to lactic acid does not require the presence of oxygen. It occurs anaerobically (without oxygen).

On the other hand, in a process known as cellular respiration, oxygen is added to sugar in order to more completely break down the sugar all the way back to the carbon dioxide and water from which it was originally made.

$$C_6H_{12}O_6 + 6O_2 > 2CO_2 + 6H_2O$$

Glucose + 6(Oxygen) > 6(Carbon Dioxide) + 6(Water)

This process breaks apart many more of the molecular bonds in each sugar molecule and thus, respiration releases far more energy than fermentation. Cellular respiration can release enough energy from one molecule of sugar to generate 38 molecules of ATP. (Compare these 38 ATP to the 2 ATP generated by the process of fermentation!)

Warburg also explained **how to prevent cancer...**

"There exists no alternative. It is the first precondition of the proposed treatment that all growing body cells be saturated with oxygen.
To prevent cancer it is therefore proposed...
First, to keep the speed of the bloodstream so high that the venous blood still contains sufficient oxygen.
Second, to keep high the concentration of hemoglobin in the blood.
Third, to add always to the food, even of healthy people, the active groups of the respiratory enzymes and to increase the doses of these if a precancerous state has already developed.
If at the same time, exogenous carcinogens are excluded rigorously, then most cancers may be prevented.

These proposals are in no way utopian. On the contrary, they may be realized by everybody, everywhere, at any hour. The prevention of cancer requires no government help and no extra money. Nobody today can say that one does not know what cancer and its prime cause be. On the contrary, there is no disease whose prime cause is better known so that today, ignorance is no longer an excuse. How long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field. In the meantime, millions of men must die of cancer unnecessarily."
(Otto Warburg, "On the Origin of Cancer Cells", **Science**, February 24, 1956, Vol. 123, Number 3191, pages 309-314)

Warburg believed that the metabolic processes that produce energy in cancerous cells are damaged or defective. Cancerous cells are unable to properly utilize oxygen in order to completely process sugars. As a result, they produce large amounts of lactic acid and small amounts of energy. These poorly functioning cells produce the acidic environment that can damage mitochondria and DNA which can result in cancer and numerous other ailments.

Internally, the toxic residues that are left over from this incomplete "combustion" might be compared to the sludge that builds up in your car engine when something is wrong and the gasoline is incompletely combusted. The residues that result from incomplete internal cellular respiration damage the energy producing mitochondria and overload the protective mechanisms that rely upon energy (ATP). In the extreme, these toxic residues damage cellular DNA and the possibility of cancer dramatically increases.

What everyone seems to overlook is that hydrogen peroxide is involved in practically every aspect of cellular function. **It is not just the level of oxygen that matters, it is also the level of hydrogen peroxide that matters!** Long before Warburg's important discoveries, numerous scientists observed and reported upon hydrogen peroxide's ability to improve the functions within cells that are struggling and faltering in their ability to process and control oxygen. As long ago as 1928, A. Magat succeeded in curing tumors in mice by using organic peroxides.
(A. Magat, Congresse allemande du Cancer, April, 1928, Wiesbaden.)

Dr. Pakenham-Walsh suggested using hydrogen peroxide in 1932 and, in fact, succeeded in curing rodents in 1947.
(R. Pakenham-Walsh, **Med Press**, 1947, Volume 217, p 246)

In 1954, Dr. Motawei reported on his successes over the past three years using hydrogen peroxide by local infiltration and

by intravenous drip. He also confirmed Dr. Pakenham-Walsh's findings.
(A.M. Motawei, "A New Chemotherapeutic Agent for Use in Malignancy, 1954, Memphis Press, El-Mahdi, Cairo.)

In 1957, Reginald A. Holman tested hydrogen peroxide on rats that had been implanted with Walker 256 adenocarcinoma tumors. The treatment consisted of adding 0.45% hydrogen peroxide to their drinking water.

"The rate of cure is on the average 50-60%. The time taken for complete disappearance of the tumor is usually 15-60 days. This, of course, depends on the size of the tumour when treatment is started. So far, 72 rats have been cured. Their condition is excellent and there is no sign of recurrence of the tumour. This treatment has recently been used in four humans with very advanced inoperable tumours. In two of the cases there has been marked clinical improvement with decrease in size of the liver (which contained metastases)."
(Reginald A. Holman, "A Method of Destroying a Malignant Rat Tumour In Vivo", **Nature**, May 18, 1957, Volume 179, Number 4568, page 1033.)

The anti-tumor effects of hydrogen peroxide was also studied by Dr. Carl F. Nathan at Rockefeller University in New York City. He reported:
"Hydrogen peroxide contributes to the lysis [destruction] of tumor cells by macrophages [immune cells that devour pathogens] and granulocytes [white blood cells that act as scavengers to combat infection] in vitro."
(C.F. Nathan et al., "Extracellular Cytolysis by Activated Macrophages and Granulocytes," **Journal of Experimental Medicine** 149, January, 1979, page 109)

Apparently, cancer cells are less able to compensate for the oxidative burden placed upon them by hydrogen peroxide than cells in healthy tissue. Their research led them to conclude that hydrogen peroxide could exert a direct anti-tumor effect in vivo and thereby prolong the survival of the patient. Maallen and Fletcher found that patients with leukemia had a 70% reduction in hydrogen peroxide produced by their white blood cells. (Maallen and Fletcher, **Appl., Environ., Microbiol.**, August 1980, 40(2), page 337)

In a later experiment, Nathan found that a mere 8 milligrams of hydrogen peroxide was able to kill more than 90% of P338 lymphoma cells.
(C.F. Nathan and Z.A. Cohn, "Antitumor effects of Hydrogen Peroxide in Vivo", **Journal of Experimental Medicine**, 154, November 1981, page 1539-1553)

In an unpublished study at the St. Thomas Institute in Cincinnati, Ohio, which was completed in 1982, Winifred P. Wirth reported upon the results of experiments that were performed on mice that were injected with the Ehrlich carcinoma. The benefits were obvious.

"Control mice were given unlimited tap drinking water. Experimental mice were offered a solution of 0.5% hydrogen peroxide beginning on the day of challenge and thereafter during the course of the experiment. Mortality in the control group averaged 84.8%; in the experimental group 26.9%. Average tumor volume for the controls was 28.5 cubic millimeters and for the experimentals was 4.5 cubic millimeters."
(Winifred P. Wirth, "The Effects of Hydrogen Peroxide on the Ehrlich Carcinoma in Laboratory Mice -- A Second Year Study", St. Thomas Institute, Cincinnati, Ohio, 1982)

In the early 1960's, major studies in the medical uses of hydrogen peroxide were conducted at Baylor University Medical Center in Texas. In an early study involving cancer, researchers found that cells containing a high amount of hydrogen peroxide responded more favorably to radiation treatment than ordinary cells. In 1986, in a similar combination study, researchers at the City of Hope National Medical Center reported that hydrogen peroxide enhanced the tumor killing ability of various chemotherapy drugs.

"These results suggest that drug-induced hydrogen peroxide and hydroxyl radical production may play a role in the anti-neoplastic action of anticancer quinones."
(James H. Doroshow, "Role of Hydrogen Peroxide and Hydroxyl Radical Formation in the Killing of Ehrlich Tumor Cells by Anticancer Quinones", **Proceedings of the National Academy of Science**, June 1986, Volume 83, pages 4414-4518)

It has been done, but for some unknown reason, scientists and physicians rarely administer direct injections of hydrogen peroxide into cancerous tumors.

In 2001, a group of researchers from the Department of Life Sciences at Nottingham Trent University in England injected hydrogen peroxide solutions into solid tumors in mice and found that the solutions had the potential to cause tumor cell death without generating dangerous by-products. They were very impressed with the findings and concluded that hydrogen peroxide was a potent cytotoxic agent.

"Hydrogen peroxide can act as an anti-cancer drug with two distinct advantages over conventional therapeutic agents : it produces minimal short and long term side effects and is relatively cheap and cost effective."
(M.C. Symonds et al., "Hydrogen Peroxide: A Potent Cytotoxic Agent Effective in Causing Cellular Damage and Used in the Possible Treatment for Certain Tumors," **Medical Hypothesis** 57, July, 2001 pages 56-58)

"We found immediately that many cancer patients were aware of a sensation of heat in the area of the cancer, often during the infusion. Sometimes this was unpleasant, but more often it was merely a warming sensation. In some 'close to the surface' tumors as might be found in breast

cancer, we often observe a red patch appearing on the skin. I have been so impressed with the results of the use of hydrogen peroxide that every cancer patient receives infusions of food grade hydrogen peroxide throughout their entire stay. Many of our patients come specifically for this treatment although I use other medications depending upon the type of cancer and the condition of the patient. It should be apparent where I rank hydrogen peroxide, since this is the only substance I use in EVERY cancer patient. We have now administered over 30,000 infusions of hydrogen peroxide without a single problem. I am positive in my mind that this methodology is a safe and effective tool in the treatment of a wide variety of illnesses."
(Kurt W. Donsbach, D.C., N.D., Ph.D., **Oxygen, Oxygen, Oxygen**, 1995, ISBN 1-56959-579-8)

According to Dr. William Campbell Douglass, ***"maybe cancer is a peroxide deficiency"***.

HEART / CARDIOVASCULAR DISEASES

Hydrogen peroxide has been used to treat heart attack, stroke, high blood pressure, cardiac insufficiency, high cholesterol levels, angina, atherosclerosis and a wide variety of other problems relating to poor circulation.

One of the interesting things about the oral consumption of hydrogen peroxide is that many people have reported that they have noticed that their high blood pressure begins to drop to a more normal level after they began to consume it on a regular basis. These people would then find that their prescription medication was unnecessary and needed to be reduced or stopped entirely.

In 1946, H.S. Regelsberger, a German medical doctor, performed the first oxygen injection in veins of an unconscious patient suffering of brain tumor, a therapy which came to be known as "oxyvenation". He noticed improvement in consciousness, brain congestion relief and detoxification. He performed more than 50,000 such treatments in his life.

In 1965, Dr. H.C. Urschel Jr. reported that ventricular fibrillation (a life threatening condition involving extremely rapid, incomplete contractions of the ventricle area of the heart) was completely relieved through the intravenous administration of hydrogen peroxide.
(H.C. Urschel Jr., J.W. Finney, A.R. Morale, et. al., "Cardiac Resuscitation with Hydrogen Peroxide", **Circulation** 31, supp. 2, 1965, pages 203-210)

Dr. J. W. Finney and his colleagues studied the ability of hydrogen peroxide to remove cholesterol and other fats from the arteries both in patients and in the laboratory.
"The individuals received daily infusions [into the abdominal aorta] of 250ml of hydrogen peroxide with a concentration ranging from 0.36% to 0.48%. Upon gross examination, the segment of the aorta being infused was found to be different from the area not being infused. This difference was marked by a decrease in the number and severity of atheromatous plaques and an increase in flexibility and elasticity of the vessel. When weighed samples of the vessels were extracted and total lipids determined, it was found that approximately a 50% reduction in total lipids had occurred in the area being infused with hydrogen peroxide. The elution [removal] of lipids from the arterial wall by dilute hydrogen peroxide has been accomplished by invitro and in vivo procedures."
(J.W. Finney, B.E. Jay, G.J. Race, et. al., "Removal of Cholesterol and Other Lipids from Experimental Animal and Human Atheromatous Arteries by Dilute Hydrogen Peroxide," **Angiology,** April, 1966, Volume 17, p 223-228)

The researchers at Baylor University also discovered that DMSO and hydrogen peroxide had an energizing effect on the heart muscle that could be of great benefit to patients suffering heart attacks.
(J.W. Finney et al., "Protection of the Ischemic Heart with DMSO Alone or DMSO with Hydrogen Peroxide," **Annals of the New York Academy of Sciences,** 1967, volume 151, pages 231-241)

Researchers also found that intravenous hydrogen peroxide could supply up to 20% of oxygen needs.
(R.L. Fuson, J.A. Kylstra, P. Hochstein, et. al., "Intravenous Hydrogen Peroxide Infusion as a Means of Extrapulmonary Oxygenation", **Clinical Research**, 1967, 15, page 74)

Many researchers believe that heart disease is caused by bacteria that irritate the lining of the arteries. It is hypothesized that the plaque that builds up is actually a protective mechanism that is analagous to the way that mucous membranes in the sinus and throat manufacture mucous to protect themselves from bacteria. This theory has led dentists to recommend that their patients take antibiotics whenever they have any dental work done in order to protect them from infection via abrasions on the gums.

Researchers at Baylor University also studied the effect of intravenous hydrogen on the accumulation of plaque in the arteries. They found that not only could hydrogen peroxide remove plaque buildup efficiently, but its effects were long term. Repeated intra-arterial infusion has been found to remove atheromatous [fatty] plaques and increase elasticity of the blood vessel wall.
"Hydrogen peroxide has been demonstrated to be an adjunctive source of oxygen for the anoxic or ischemic heart and can improve resuscitation in refractive arrhythmias or cardiac arrest. Intra-arterial infusion of hydrogen peroxide has been noted to reverse the atherosclerotic process and serve as an excellent source of regional oxygen without significant systemic toxicity."
(Harold C. Urschel Jr., "Cardiovascular Effects of Hydrogen Peroxide: Current Status", **Diseases of the Chest**, February 1967, volume 51, pages 180-192)

"The intra-arterial infusion of hydrogen peroxide has been employed by the investigators for the past six years. In some patients so treated, a decrease in the severity of their atherosclerosis was observed. This phenomenon was studied and confirmed by both in vitro [in the glass] and in vivo [in the living] experimentation."
(Harold C. Urschel Jr., et al., "Treatment of Arteriosclerotic Obstructive Cerebrovascular Disease with Hydrogen Peroxide", **Vascular Surgery**, June 1967, Volume 1, Number 2, pages 77-81)

Exposure to hydrogen peroxide can alter the structure of blood and the way it flows through the veins and arteries. The "pile of coins" erythrocyte (mature red blood cell or corpuscle) formation, which is typical of arterial occlusion disease, is reversed through changes in the electrical charge of the erythrocyte membrane. At the same time, the flexibility and elasticity of the red blood cell is increased, improving the blood's ability to flow through the blood vessels. This increases the supply of life-giving oxygen to the heart and other vital body tissues.
(L.M. Snyder, N.L. Fortier, J. Trainor, et al., "Effect of Hydrogen Peroxide Exposure on Normal Human Erythrocyte Deformability, Morphology, Surfact Characteristics and Spectrin-Hemoglobin Cross-Linking", **Journal of Clinical Investigation**, 1985, 76: pages 1971-1977)

"I had a man come to me who was suffering from temporal arteritis. Temperol arteritis causes terrible, one-sided head pain around the eye and the temple. He had been to dozens of doctors and top notch pain centers. He was loaded up on every manner of drug. A smile came over this man's face as the first intravenous was dripping. He could feel his pain going away. He took a second treatment and it was gone! That was six months ago, and he hasn't been back."
(Gordon Josephs, D.O.)

"I have had people coming into the office literally in the process of having a stroke. They are practically unconscious. We hook them up to the hydrogen peroxide, and an hour or two later, they walk out feeling fine."
(Dr. Charles H. Farr, M.D.)

Hydrogen peroxide can dilate (expand) blood vessels in the heart, the extremities, the brain and the lungs. It is also able to decrease heart rate, increase the cardiac output (the amount of blood pumped by the left ventrical of the heart at each heartbeat) and decrease vascular resistance (which makes it easier for blood to move through the blood vessels). Hydrogen peroxide can provide the heart and brain with the vital oxygen they need by enabling the blood to flow more freely through the circulatory system.

CANDIDIASIS

For more than fifteen years, Dr. Charles H. Farr successfully treated hundreds of patients suffering from candidiasis with intravenous hydrogen peroxide at the Genesis Medical Center in Oklahoma City, Oklahoma. In his monograph, "The Therapeutic Use of Intravenous Hydrogen Peroxide," Dr. Farr offered a case history of one of his patients:

"Mrs. P.M., a 34 year old white female, has been treated repeatedly over the past five years for Chronic Systemic Candidiasis. Her history and symptoms are classic. Her current problems had an onset after several episodes of upper respiratory infections, about five years ago, which were treated with large doses of various antibiotics. Following this, she had repeated episodes of yeast vaginitis and intermittent problems with diarrhea. These episodes were then followed with the development of chronic fatigue, acne, lethargy, migratory arthralgia [joint pain], frequent headaches, menstrual irregularities, mental confusion, difficulty concentrating and a poor tolerance to environmental and exercise stress.

She was treated with various elimination and rotation diets, nystatin, nizoral, monostat, allergic desensitization and various natural anti-yeast preparations. Each time the therapeutic modality was changed, she would have a temporary subjective improvement for a few days or weeks then relapse to her pretreatment level. She had been unable to work for over two years and had become totally dependent on her mother for financial and physical support. She often did not feel able to dress or feed herself.

She was started on weekly injections of 250ml of 0.15% hydrogen peroxide and after two treatments reported a significant improvement in alertness, ability to concentrate and had an improved feeling of well-being. After the the third treatment, she pointed out how her complexion was improving and her acne was considerably better. A menstrual period, the previous week, had been normal and previous signs of vaginitis had disappeared. Her bowel function was becoming more regular and normal and she was talking about wanting to return to work. Her fourth, fifth and sixth treatments were scored with continued subjective improvements from her previous complaints. After eight treatments she was free of symptoms for the first time in five years. Objectively she appeared much healthier and had more vitality, smiling and happy for the first time since we saw her as a new patient. When tested for candida sensitization subcutaneously, she now tested a one dilution compared to her usual four or six dilutions during her more morbid times. Two months after her last infusion, she was seeking employment, had redeveloped her self-confidence and had shown no signs of relapse.
(C.H. Farr, **"The Therapeutic Use of Intravenous Hydrogen Peroxide"**, Oklahoma City, Oklahoma, Genesis Medical Center, 1987, pages 18-19)

In one of the best designed and best reported experiments I have ever encountered, researchers at the Boston University Medical Center clearly demonstrated that **human white blood cells must have hydrogen peroxide in order to control Candida Albicans**. White blood cells must also have a very important enzyme called myeloperoxidase, along with iodine in order to use the hydrogen peroxide to damage and/or destroy Candida Albicans. In their experiments, neutophils were obtained from the blood of people who suffered from chronic granulomatous disease, which means that they were unable to generate normal amounts of hydrogen peroxide. They also obtained neutrophils from people who suffered from a genetic inability to produce myeloperoxidase. In both instances, the neutrophils were unable to damage Candida in any way. Also, if chlorine was used in place of iodine, the white blood cells were unable to control the Candida. So, apparently myeloperoxidase (or iron), hydrogen peroxide and iodine are all necessary for the body to control Candida.
(Stuart M. Levitz and Richard D. Diamond, "Killing of Aspergillus Fumigatus Spores and Candida Albicans Yeast Phase by the Iron-Hydrogen Peroxide-Iodide Cytotoxic System: Comparison with the Myeloperoxidase-Hydrogen Peroxide-Halide System", **Infection and Immunity**, March, 1984, volume 43, number 3, pages 1100-1102)

The mechanism of action is believed to be that myeloperoxidas and/or iron combines hydrogen peroxide with iodine to create hypo-iodous acid? (HOI) and hydroxyl radicals.

$$H_2O_2 + I > HIO + OH^*$$

hydrogen peroxide + iodine >
Hypo-iodous acid + hydroxyl radicals

Hypo-iodous acid (HIO) is a powerful disinfectant. It is the iodine analogue to the hypochlorous acid (HOCl) that is formed when mixing chlorine with water. HIO is the active ingredient responsible for disinfection by iodine solutions used in the medical profession such as povidone iodine.

Both hypo-iodous acid and hydroxyl radicals are highly damaging to most anything with they contact. Ideally, white blood cells engulf Candida cells and direct their granules towards them within a special compartment inside the white blood cell. If the white blood cell is unable to engulf the pathogen, then it may release the contents of its granulocytes into the interstitial space which surrounds the outside of every cell, which can lead to...

INTERSTITIAL CYSTITIS

The researchers in the above study also found that DMSO inhibited the white blood cells' ability to destroy Candida Albicans. Interestingly, the FDA has approved DMSO for use in interstitial cystitis, which is a painful condition caused by Candida overgrowth in the urinary tract. The inadequate immune response generated by people with this condition causes localized inflammation, because the battle against Candida continues indefinitely and ineffectively. Adding DMSO does not solve the problem, it merely causes a unilateral ceasefire by inhibiting the mechanism that the white blood cells use to destroy Candida.

VAGINOSIS

British researchers at the Maidstone General Hospital in Kent undertook a clinical study involving twenty-three women diagnosed with recurrent bacterial vaginosis. All were given just one treatment with a vaginal infusion of 3% hydrogen peroxide, which was left in the vagina for three minutes and then allowed to drain. No side effects were observed in any of the treated patients. Vaginal acidity was restored to normal in 22 of the 23 patients. Two of the patients saw no improvement in symptoms. Three patients saw some improvement. Eighteen of the patients were completely cleared of their recurrent symptoms. The researchers concluded:

"Hydrogen peroxide used as a single vaginal wash was as effective as any other agent in current use in clearing the vaginal malodour of bacterial vaginosis."
(S.J. Winceslaus and G. Calver, "Recurrent Bacterial Vaginosis: An Old Approach to a New Problem," **International Journal of STD and AIDS,** Volume 7, number 4, July, 1996, pages 284-287)

SKIN LESIONS

Researchers at Baylor University studied the ability of intra-arterial hydrogen peroxide to heal wounds, especially those caused by radiation treatment for carcinomas. The patients in the study had been unresponsive to conventional modes of therapy in treating their wounds. The researchers found that not only did the patients' skin lesions heal at a much faster rate and with less scar formation than normal, they also observed that the tumors being treated responded better to treatment. The article reported that the treatment with hydrogen peroxide helped to speed the healing of persistent skin ulcer caused by previous radiation, athlete's foot, stasis ulcers of the foot, leg and jaw, varicose ulcers, diabetic ulcers and a draining osteomyelitis of the tibia.
(G.A. Balla et al., "Use of Intra-arterial Hydrogen Peroxide to Promote Wound Healing," **American Journal of Surgery** 108, November, 1964, pages 621-629)

MUCORMYCOSIS

Mucormycosis is a devastating and often lethal fungal disease. Physicians at Virginia Commonwealth University, Medical College of Virginia in Richmond, Virginia reported two interesting cases that did not respond to treatment with intravenous amphotericin B, the medicine most often used to control this disease. After the medication was deemed to be a failure, the patients underwent soaks with half-strength

hydrogen peroxide which destroyed the Mucor fungi and eradicated the disease.
(D.A. Blaine and M.A. Frable, "Mucormycosis: Adjunctive Therapy with Hydrogen Peroxide," **Virginia Medical Quarterly**, VMQ 123, number 1, Winter 1996, pages 30-32)

MALARIA

Studies at the Middlesex Hospital Medical School in England revealed that blood-stage murine malaria parasites were killed in vitro by hydrogen peroxide at even tiny concentrations. In vivo studies on mice showed that hydrogen peroxide was also able to kill the lethal varieties of Plasmodium Yoelii and Plasmodium Berghei. The researchers concluded:

"We propose that hydrogen peroxide is in fact a possible contributor to the destruction of at least some species of malaria parasite."
(H.M. Dockrell and H.L. Playfair, "Killing of Blood-Stage Murine Malaria Parasites by Hydrogen Peroxide," **Infection and Immunity**, January, 1983, pages 456-459)

TYPHOID FEVER

Today, there are approximately 16-33 million cases of typhoid fever resulting in 500,000 to 600,000 deaths annually worldwide. Way back in 1891, Dr. F.H. Wiggin reported on his use of hydrogen peroxide to treat patients with typhoid fever, which is caused by the bacterium Salmonella Enterica Serovar Typhi.
*"Having had good results in using peroxide of hydrogen locally in diptheria and tonsillitis, and in infected wounds, it occurred to me, when a case of typhoid fever came under my care, during my summer practice, that this remedy might be beneficial, it being **the most powerful non-poisonous germicide we possess**. On August 24th I was called to see Abby M., who gave a history of having been ill for a week with fever and diarrhoea. On examination, I found a characteristic case of typhoid fever and temperature of 104 1/2^o, pulse 130, rose spots, abdominal pain, tympanites diarrhoea and mild delirium. I prescribed one ounce of 15-volume peroxide of hydrogen to eight ounces of water, to be taken every three hours by the mouth (.5625%). On the following day I found the patient more comfortable, temperature 103^o, pulse 112, less tenderness in abdomen, and pain in the head diminishing. On the 27th, temperature 100 1/2^o, pulse 98, no movement, tympanites disappeared and heat, though still weak, clearer. On the 29th, temperature 99 1/2^o, no movement. On the 30th, temperature normal, pulse 84, formed movement. The case went on uninterruptedly to recovery, with nothing further of interest to report. On the 9th of September I discontinued my visits, the patient being discharged, cured."*
(F.H. Wiggin, M.D., "Peroxide of Hydrogen in Typhoid Fever", **New York Medical Record**, November, 28, 1891)

WARTS

Hydrogen peroxide has been used to remove warts.
(M. Manok, "On a Simple and Painless Treatment of Warts", **Cumulated Index Medicus,** September, 1961, Germany, Hautarzt, 12, page 425)

VIRUSES

A diseased cell almost always has an altered outer membrane which is not as strong as the membrane of a normal, healthy cell. Viruses seem to be able to take advantage of this weakness and penetrate diseased cell walls easily. Once they have taken up residence within the cell, they co-opt the inner mechanisms of the cell in order to reproduce themselves in a massive, explosive scale. Once they have exhausted their host cell's resources, they leave, looking for another debilitated cell to invade. Eventually, their waste products begin to overwhelm our body's ability to detoxify, and various symptoms result. Hydrogen peroxide is very effective in damaging lipid envelope viruses such as HIV, Herpes, Hepatitis, Epstein-Barr and Cytomegalovirus.

One case study...
"Mr. C.M., a 69 year old white male recently had a severe emotional stress due to the sudden loss of a family member. Approximately one week later, he developed a severe burning-itching pain over the right suprascapular area. This was followed a few hours later with an eruption of herpetic vesicles in the same area. We saw the patient three days later and he was quite morbid. He had a severe eruption of herpetic vesicles extending from the midline of his right neck, across the trapezius, the suprascapular area and over the deltoid to the middle of the right arm. He was given 250ml of 0.15% hydrogen peroxide intravenously and reported within three days the pain had subsided considerably and the lesions were resolving. We saw the patient again one week later and all the lesions were ruptured, encrusted and drying. He was pain free and feeling much better. We have treated Herpes Zoster with many different therapeutic modalities with varying success using hydrogen peroxide, as a therapeutic tool. In this case, it brought about resolution two to three times faster than any modality we have previously employed."
(Charles H. Farr, M.D.)

IMPETIGO

"In a three week trial using hydrogen peroxide cream, 92 out of 128 (72%) patients suffering from bacteriologically verified impetigo contagiosa were classified as cured. When the patients had been classified as healed, beta-haemolytic streptococci were all eliminated in the patients treated."
(O.B. Christensen, S. Anehus, "Hydrogen Peroxide Cream: An Alternative to Topical Antibiotics in the Treatment of Impetigo Contagiosa", **Acta Derm Venereol,** November, 1994, Volume 74, Number 6, pages 460-462)

TRENCH MOUTH

"Trench mouth (Vincent's infection, acute necrotizing ulcerative gingivitis) is a noncontagious infection of the gums causing pain, fever and sometimes fatigue. The term "trench mouth" comes from World War I, when many soldiers in the trenches developed the infection. Usually, trench mouth begins abruptly with painful gums, an uneasy feeling, and fatigue. Foul breath develops, the tips of the gums between the teeth erode and become covered with a gray layer of dead tissue. The gums bleed easily, and eating and swallowing cause pain. Rinsing several times a day with a hydrogen peroxide solution (3% hydrogen peroxide mixed half-and-half with water) may be recommended instead of brushing."
(www.merck.com/mmhe/sec08/ch115/ch115d.html)

"Hydrogen peroxide, used to rinse or irrigate the gums, is often recommended to removed decayed gum tissue."
(www.nlm.nih.gov/medlineplus/ency/article/001044.htm)

MENTAL ILLNESS

The implications of these studies are astounding!

Dr. Edward Carl Rosenow of the Mayo Clinic isolated what he called the neurotropic streptococcus, which invades the central nervous system via the nasopharynx. Dr. Rosenow extracted the organism, cultured it, and then injected it into mice, pigs and rabbits. The animals developed the same symptoms as found in mental patients.

"Persons suffering from epilepsy and schizophrenia harbor in [their] nasopharynx, in pulpless teeth and sometimes in their blood, specific types of alpha streptococci of low general but high and specific 'neurotropic' virulence. The streptococci produce neurotoxins which have a predilection for certain structures in the brain and thus play a role in pathogenesis."
(Edward C. Rosenow, "Bacteriologic, Etiologic and serologic Studies in Epilepsy and Schizophrenia III", **Postgraduate Medicine**, pages 367-376)

"Bacterial infection or intoxication may cause changes in behavior. The data are tentatively considered to indicate ***that incorrigibility, morbid compulsions and other abnormal behavior which characterize this group of criminally inclined persons may be due in part to a specific neurotropic type of streptococcal infection!****"*
(Edward C. Rosenow, O.F. Rosenow, "Influence of Streptococcal Infections on the Compulsive Behavior of Criminals", **Postgraduate Medicine**, Volume 10, Number 5, November, 1951, pages 423-432)

OTHER BODILY FUNCTIONS

Hydrogen peroxide is involved in all of life's processes. In addition to oxygenating bodily tissues and killing harmful microorganisms, hydrogen peroxide also triggers a cascade of complex immunological reactions within the body that go much further to promote overall health and healing. Hydrogen peroxide has an extraordinary capacity to stimulate numerous enzymes, which enhances many fundamental cellular processes, and increases the body's ability to perform a myriad of functions.

Amongst other actions, hydrogen peroxide:

1) Stimulates the production of white blood cells.
2) Increases the release of oxygen from red blood cells, thus increasing the delivery of oxygen to the bodily tissues.
3) Increases the flexibility of red blood cell membranes.
4) Increases the production of interferon and tumor necrosis factor, which the body uses to fight infections and cancers.
5) Increases the efficiency of the antioxidant enzyme systems which neutralize excess free radicals in the body.
6) Accelerates the citric acid cycle, the main process for the liberation of energy from sugars, fats and proteins.
7) Oxidizes and degrades petrochemicals.
8) Inhibits growth of tumors (Antineoplastic)

Perhaps the most important medical research in hydrogen peroxide therapy can be credited to the late Dr. Charles H. Farr of Oklahoma, who held doctorate degrees in both pharmacology and medicine. Dr. Farr conducted more clinical research in the field of hydrogen peroxide therapy than anyone else. In addition to having written over thirty-five scientific and medical articles and books, he was the founder of the (now defunct) International Bio-Oxidative Medicine Association. Dr. Farr's work in hydrogen peroxide has been largely ignored by the scientific and medical establishment in the United States. He wrote:

"When hydrogen peroxide is used as a therapeutic agent, it soon becomes obvious that it is useful in treating a wide variety of seemingly unrelated conditions. Yet the concept that hydrogen peroxide may indeed be a panacea is not so far-fetched when we begin exploring the role of the substance in body metabolism. It functions to aid [cell] membrane transport, acts as a hormonal messenger, regulates thermogenesis (heat production), stimulates and regulates immune functions, regulates energy production and has many other important metabolic functions. It is purposely used by the body to produce hydroxyl radicals to kill bacteria, virus, fungi, yeast, and a number of parasites. ***This natural killing or protective system has nothing to do with increasing the amount of available oxygen****. Hydrogen peroxide is manufactured by the body and is maintained at a constant level throughout our life. It is part of a system that helps the body to regulate living cell membranes. It is a hormonal regulator, necessary for the body to produce several hormonal substances such as estrogen, progesterone and thyroxine. Hydrogen peroxide helps to regulate certain chemicals that operate the brain and nervous system. It has*

a stimulatory and regulatory effect on the immune system. Our studies demonstrate a positive metabolic effect. Its ability to oxidize almost any physiological and pathological substance, in addition to producing increased tissue and cellular oxygen tensions, has proved to have therapeutic value."
(C.H. Farr, **Protocol for the Intravenous Administration of Hydrogen Peroxide**, Oklahoma City, Oklahoma, International Bio-Oxidative Medicine Foundation, 1993, pages 29-39)

HERE'S THE BORING CHEMISTRY...

pH

pH is defined by the relative balance between hydrogen ions (H^+) and hydroxide ions (OH^-) that come from water (H_2O). If there are more hydrogen ions, then the environment is acidic. If there are more hydroxide ions, then the environment is alkaline. The pH scale is just a simple way of talking about the relative balance of hydrogen ions and hydroxide ions. A pH measurement of 7 is balanced or neutral. Higher numbers refer to a higher concentration of hydroxide ions (more oxygen). Lower numbers refer to a lower concentration of hydroxide ions (less oxygen).

ACIDITY

The fundamental definition of acidity means that there are a lot of hydrogen (H^+) ions and not a lot of oxygen containing hydroxide (OH^-) ions. You can make any environment more acidic by adding hydrogen ions or by removing hydroxide ions. More simplisticly, **acidic environments lack oxygen (the O in the OH^-)! If anyone talks to you about the dangers of being overly acidic, then the only thing that they should recommend to you is that you increase oxygen levels in your body in order to balance the over-abundance of hydrogen.** The form of oxygen that is needed to combine with the excess hydrogen ions is oxygen in single atom form (OH^-), not the diatomic (O_2) that we breathe in. People who are overly acidic should **not** do intense, strenuous exercise. This only aggravates the problem.

ALKALINITY

If anyone speaks to you about the importance of alkalinity, and they do not speak to you about hydroxide ions and hydrogen peroxide, then they have absolutely no understanding of the most basic fundamentals of acid-alkaline balance. You should very quickly run away from them and whatever they are trying to sell you. I have heard many (supposedly knowledgeable) people say that cancer cells cannot live in an alkaline environment. Their slogan is "alkalize or die"! That may very well be true, but not for the reasons that they will give you (and not because of the products that they hope to sell you). The reason that cancer cells SEEM to not be able to survive in an alkaline environment is that when hydrogen peroxide breaks down (in the presence of iron) into alkaline hydroxide ions, the hydrogen peroxide also produces...

HYDROXYL RADICALS

Hydrogen peroxide is NOT a free radical. In the presence of iron, hydrogen peroxide rapidly breaks down into hydroxide ions and hydroxyl radicals. ($H_2O_2 > OH^- + OH^*$) Let's take a look at these two compounds separately. OH^- designates a hydroxide ion. High concentrations of hydroxide ions are THE definition of alkalinity. OH^* designates a compound known as a hydroxyl radical. The hydroxyl radical is the second most highly oxidative free radical known (The most powerful is fluorine).

"Hydrogen peroxide is almost inert until it meets iron, regardless of whether the iron is in solution or embedded in a protein. Hydrogen peroxide reacts [really, really] quickly with iron to generate hydroxyl radicals... Hydroxyl radicals attack all proteins, lipids and DNA indiscriminately, initiating destructive free radical chain reactions that spread damage and destruction. Hydroxyl radicals are extremely reactive fragments, the molecular equivalents of random muggers. They can react with all biological molecules at speeds approaching their rate of diffusion. This means that they react with the first molecules in their path and it is virtually impossible to stop them from doing so. They cause damage even before leaving the barrel of the gun. <u>If you ever hear someone talking about antioxidants that 'scavenge' hydroxyl radicals in the body, they won't know what they're talking about.</u> Hydroxyl radicals react so quickly that they attack the first molecule they meet, regardless of whether it is a 'scavenger' or any other molecule. To scavenge hydroxyl radicals in the body, the scavenger would need to be present at a higher concentration than all other substances put together, to give it a higher chance of being in the way. Such a high level of any substance, even if benign, would kill you by interfering with the normal function of the cell."
(Nick Lane, Ph.d., **Oxygen, The Molecule That Made the World**, Oxford University Press, 2002, page115-116, ISBN 0-19-860783-0)

ACTIVITY VERSUS EXERCISE
RESPIRATION VERSUS FERMENTATION

To produce energy, mitochondria remove electrons from sugars and use the resulting hydrogen (H+) ions to direct the flow of energy into a vital compound known as ATP. In an ideal world, these hydrogen ions are ultimately recombined with oxygen to form water which can easily be excreted ($H^+ + OH^- > H_2O$). However, if exercise is too intense or if oxygen intake is deficient, the hydrogen ions quickly pile up, energy production slows down, and the inside of the cell becomes overly acidic. When this happens, the cell can no longer produce large amounts of energy(ATP) through the

efficient process known as respiration and it is forced to switch to a relatively inefficient process known as fermentation. Fermentation produces less energy than respiration, but it also produces fewer hydrogen (H+) ions. Instead it produces lactic acid which can then be sent to the liver to be converted back into sugar and reused.

During intense exercise, this switch from respiration to fermentation is PROTECTIVE. It produces less energy, but it also results in less acidity inside the cell which is much safer and enables the cell to avoid being internally damaged from acidosis (too much acid). Nearly everyone knows that over-exercise results in the buildup of lactic acid in the muscles, pain and fatigue. It isn't just the lactic acid that causes the pain and fatigue. Prior to switching over to fermentation, the cell was already too acidic and oxygen deficient to continue producing energy via normal methods. If the internal environment of the cell continues to be overly acidic to the extreme in both intensity and time, damage to the mitochondria and DNA results in genetic mutations. Your individual cells make you stop **before** their mitochondria and chromosomes are irreparably damaged. These events are prescriptions for disease and ***cancer***.

The best way to shorten one's lifespan is to over-exercise and under oxygenate. Just look at the obituaries in the sports section of your local newspaper. Athletes simply do not live as long as you might think. On the other hand, very moderate activity along with deep breathing in an oxygen rich environment (a walk in the park rather than a jog through the inner city) can help alleviate over-acidity and actually prolong life. (Golfers live longer than football players.) Activities such as walking and rebounding on a mini-trampoline improve breathing patterns, stimulate lymphatic drainage and improve cellular balance. The consumption of fresh, oxygen rich foods (and hydrogen peroxide rich foods) should be increased. The best alkalizer and the best oxygenator anywhere is hydrogen peroxide!

OXIDATION

In recent years, we have all had the beejeebers scared out of us regarding the dangers of "free radical damage". There is some truth in some of this information, but there is also much ignorance. Most "experts" conveniently ignore the reality that without free radicals and the "oxidation" that they cause, we would all be completely dead, because every metabolic process would grind to a halt. The world seems to have been caught up in the idea that all biological oxidation is harmful and everyone better take more and more antioxidants. If, as the "authorities" say, we are oxygen deficient, then why do we all of a sudden need more anti-oxidants?

In chemistry, the term "oxidation" does not really have anything to do with oxygen. This subject is very confusing and I will guarantee you that no one you know is a free radical expert, even though they may believe that they are. Oxidation is **not** about oxygen. Oxidation is about giving and taking electrons from one molecule to another. Oxygen is often involved, but not always. Oxidation is about transferring electrons. At times, it is necessary to jump-start oxidative processes rather than inhibit them. Please remember that oxidation is not about oxygen. Oxidation is about moving electrons. Oxidation is about moving electrons. Oxidation is about moving electrons...

BIOCHEMICAL REACTIONS

Electrons are stable when they are in pairs. If a molecule is missing one of the pair, it is unstable. If a free radical tends to "steal" electrons from other molecules, then it is known as an oxidizing agent. If it tends to donate its unpaired electron, then it is known as a reducing agent. Many vital chemical processes involve the transferring of electrons from one molecule to another. For anything to happen in our body, we need oxidizing agents and we need reducing agents (especially for your belly fat, eh?)

In many chemical reactions, hydrogen peroxide may act as an oxidizing agent when its environment is acidic and then reverse that same process by acting as a reducing agent if its environment becomes alkaline.

Hydrogen peroxide goes both ways!!!!!

"Hydrogen peroxide is unusual in that it lies chemically exactly half way between oxygen and water. This gives hydrogen peroxide something of a split personality. It can go either way in its reactions (gaining or losing electrons) depending upon the chemical company that it keeps. It can even go both ways at once, when reacting with another hydrogen peroxide molecule. In this case, one of the molecules gains two electrons to become water, while the other loses two electrons to become oxygen."
(Nick Lane, Ph.d., **Oxygen, The Molecule That Made the World**, Oxford University Press, 2002, page117, ISBN 0-19-860783-0)

IRON

With the exception of only two known species, **all bacteria need iron** to carry on enzymatic processes that are essential to their existence. We play a game of iron "keep away" with our bacterial foes. We hide iron in proteins such as hemoglobin. The concept is simple: inhibit bacteria's ability to obtain iron by binding it up tightly in various proteins, and you will prevent bacterial growth and infection.

If the interstitial fluids of the body (between the cells) contain large amounts of hydrogen peroxide, any free floating iron will cause the hydrogen peroxide to produce hydroxyl free radicals that will immediately damage whatever is nearby. Any bacteria that may be in the neighborhood, seeking iron for its survival, simply doesn't have a chance in this

free radical laden death trap. **If the level of hydrogen peroxide in our bodily fluids is elevated only moderately, our body becomes amazingly inhospitable to any type of pathogenic organisms.**

When supposed "experts" claim that cancer cannot live in an alkaline environment, they are ignoring the effects of the extremely shortlived hydroxyl radicals that also come from the breakdown of hydrogen peroxide. The hydroxyl radicals do their damage in a billionth of a second and the alkaline hydroxide ions hang around for a much longer time. This leads the "experts" to give credit to the innocent bystander, (hydroxide ion), when it is really the "harmful" hydroxyl radical that actually kills cancer cells, bacteria, viruses, fungi, parasites and anything else that gets in its way.

ANTIOXIDANT ENZYMES

Healthy cells in human tissues manufacture and maintain a coat of numerous enzymes that are designed to activate and then neutralize oxygen in its many different forms. Diseased cells, cancerous cells, and pathogenic bacteria, fungi, viruses and parasites are generally NOT able to maintain this protective enzyme coating as well as healthy human tissue cells. Healthy human cells are able to generate damaging free radicals while, at the same time, they are also able to protect themselves from those very same free radicals. **Immune function depends upon the ability to simultaneously activate and also neutralize oxidative free radicals.** If an immune cell is able to generate huge amounts of free radicals while healthy cells in the vicinity are able to protect themselves from those very same free radicals, then it can blast pathogenic organisms with free radicals in order to kill them while our own healthy cells are able to remain safe.

SOD (SuperOxideDismutase)

In 1968, Joe McCord and Irwin Fridovich showed that an abundant copper-containing blue-green protein called erythrocuprein actually eliminated the free radical superoxide and produced hydrogen peroxide and oxygen. Even though the free radical superoxide is unstable and already reacts very rapidly, erythrocuprein (copper-zinc-SOD) actually speeds up this reaction by a factor of a **billion.** In their seminal paper, they renamed erythrocuprein <u>S</u>uper<u>O</u>xide <u>D</u>ismutase or SOD.
(J.M. McCord, I. Fridovich, "Superoxide Dismutase. An Enzymic Function for Erythrocuprein (Hemocuprein)", **Journal of Biological Chemistry**, Volume 244, 1969, pages 6049-6055)

SOD eliminates the free radical superoxide and combines it with two hydrogen ions to form stable hydrogen peroxide and diatomic oxygen ($2O_2^- + 2H+ > H_2O_2 + O_2$). It was not long before other forms of SOD were discovered. In 1970, McCord and Fridovich again reported the discovery of a pink, manganese containing enzyme that was very similar in function to erythrocuprein (SOD). Human cells produce at least three main different types of SOD. All versions contain metal atoms at their catalytic centers (copper, zinc, manganese, iron or nickel).

SOD1 is a copper-zinc-SOD that is found in the cytosol (inner fluids) of the cell. In supplement form, it usually comes from bovine red blood cells. Human SOD1 is identical to that found in beef blood cells and beef heart.

SOD2 is a manganese-SOD that is found within the cell's mitochondria. In supplement form it usually comes from the mitochondria found in chicken liver. Through the years, a number of natural healing practitioners have incorporated raw liver extracts in their protocols.

SOD3 (a different copper-zinc-SOD) is secreted from the cell into the extracellular fluid. The most popular supplemental form of SOD is extracted from wheat grass and is bound to the wheat matrix known as gliadin (a delivery method known as Glisodin). Numerous healing protocols recommend the use of freshly squeezed wheat grass juice.

Research on animals has revealed that those born with genetic defects that produce defective SOD were pathetic runts, severely anaemic, with a form of motor neuron disease that led to weakness (similar to Lou Gehrig's disease), rapid fatigue, age-related muscle loss, earlier incidence of cataracts, cardiac abnormalities and fatty deposits on their livers. Their mitochondria were shot to pieces, especially in the heart and brain. They barely survived for three weeks. On the other hand, genetic studies on worms and fruit flies have shown that substantial increases in cytosolic SOD levels dramatically extended their average lifespan by approximately 30%. Mice and rats with high SOD levels were found to be resistant to strokes and heart attacks. Although it has not yet been accomplished, increasing the levels of mitochondrial SOD should have an even greater effect on longevity.

Most bacteria utilize a form of SOD that incorporates <u>*iron*</u>! High amounts of hydrogen peroxide block the function of SOD. Hydrogen peroxide is able to easily pass through cellular membranes due to its similarity to water. Iron in bacterial SOD triggers the breakdown of hydrogen peroxide into hydroxyl radicals and hydroxyl radicals damage everything they come into contact with. Very simply, hydrogen peroxide and bacteria that utilize SOD that is based on iron simply cannot co-exist!!!!!!

"A crucial biochemical change that all cancers seem to share and that might be their cause has been identified by researchers at the University of Iowa and at Wabash College. In fifty different cancers, some triggered by viruses or chemicals, Iowa's Dr. Larry Oberly and Wabash's Dr. Buettner found a breakdown in cellular defenses against

superoxides, destructive free radicals formed during aerobic metabolism. All the cancer cells had little or no manganese SOD, the enzyme that seems to protect the nucleus and mitochondria from superoxides. The fastest growing cancers proved to have the least SOD."
(Medical World News, December 10, 1979, page 51)

Ask yourself a simple question. Why would Mother Nature provide human cells with multiple versions of an enzyme that would enable us to manufacture hydrogen peroxide at a rate that is a **billion times faster** than one would observe if the enzyme did not exist? Moreover, SOD has the fastest reaction rate of any known enzyme. Doesn't that point to the inherent importance of hydrogen peroxide? To further drive home this point, please realize that, of the more than 100,000 types of protein in the human body, only four are found in greater abundance than SOD!

The mere existence of SOD indicates that hydrogen peroxide is an extremely important nutrient!

PEROXISOMES

The next time that you visit your doctor, I suggest that you ask them to tell you everything they know about peroxisomes! My guess is that you will be greeted with a blank stare followed by the question: "What is a peroxisome?" Such is the pathetic state of the education provided by our medical establishment. Peroxisomes are extremely important compartments (organelles) that are located within every cell of your body (except red blood cells). Some very important processes (over 50) take place within these little chemical plants which get their name (<u>peroxi</u>some) because their activities produce and utilize <u>peroxi</u>de.

Most textbooks completely ignore peroxisomes. Take a look at a traditional diagram of a cell and you will probably see that peroxisomes are nowhere to be found. Even if they are included, they will probably be treated as if they are unimportant. This is unfortunate, because every cell in your body (except red blood cells), contain not one, not a few, but hundreds of peroxisomes. Peroxisomes are very abundant in the liver and kidneys where they actively detoxify a variety of compounds. Peroxisomes also manufacture numerous important compounds including bile acids (to aid digestion), phospholipids (to build cell membranes) and DHA (a vital omega-3 fatty acid that is found in the brain, nerve cells and the retina of the eye).

Your body is supposed to be able to "burn" fat in order to generate energy and heat. This process is known as the "beta-oxidation of fatty acids". Did you know that this happens within peroxisomes? Does your doctor know this? Obesity is a major epidemic in this country. Are you overweight? Are you often fatigued? Do you often feel cold? Maybe your peroxisomes are not functioning up to par! When people first begin using hydrogen peroxide, one of the most common reports is that they notice that their body temperature rises. This is often misinterpreted as a "fever" but, in fact, it is simply an indication that their former, sluggish, hydrogen peroxide deprived metabolism is finally kicking into gear. Do not be afraid of this rise in temperature. It is a sign of improved health. Soon after, users of hydrogen peroxide tend to notice increased energy levels and reduced levels of body fat!

We have all heard of the dangers of artificially hydrogenated oils (trans-fatty acids) and we have all been warned about naturally occurring saturated fatty acids as well. Did you know (and does your doctor know) that enzymes found within your peroxisomes remove hydrogen atoms from saturated fats (de-hydrogenation) and then combine these hydrogen atoms with oxygen to produce hydrogen peroxide?

$$\text{(hydrogenated fatty acids)}H_2 + O_2 \; > \\ \text{(de-hydrogenated fatty acid)} + H_2O_2)$$

Other enzymes found in peroxisomes function to break down uric acid, amino acids and oxalate (which can combine with calcium to form kidney stones). Energy (in the form of ATP) which is released from all of these reactions is exported out of the peroxisome into the cell for any and all of its energy needs.

CATALASE

Another very important enzyme found in peroxisomes is known as catalase. Catalase takes the hydrogen peroxide created in the above mentioned reactions and uses it to detoxify numerous compounds including alcohol, phenols, formic acid and formaldehyde through a process that, predictably, is known as the peroxidation reaction.

$$\text{(toxic compound)}H_2 + H_2O_2 \; > \\ \text{(de-hydrogenated toxic compound)} + 2H_2O$$

According to Charles H. Farr, M.D.....

*"Hydrogen Peroxide is a powerful oxidizer and will oxidize toxic and non-toxic substances. The clinical effects we have observed from the intravenous infusions of hydrogen peroxide would best be described as **<u>"Oxidative Detoxification"</u>**.*
(Charles H.Farr, M.D., Ph.D., The Therapeutic Use of Intravenous Hydrogen Peroxide and its Adjunctive Use in EDTA Chelation Therapy, November, 1986)

Many supposed experts talk about detoxification, but far too few realize the importance of hydrogen peroxide (and oxidation in general) in the most fundamental processes of biochemical detoxification.

Catalase is one of the most important enzymes known to mankind. **It can process up to two million molecules per minute!** Unfortunately, many textbooks and most websites seem to ignore the important detoxification processes that are performed by the team of catalase and hydrogen peroxide and mistakenly focus only on catalase's other function, which is to maintain PROPER levels of hydrogen peroxide. When hydrogen peroxide levels become higher than is optimal, catalase easily converts the excess hydrogen peroxide to water and gaseous oxygen.

$$2H_2O_2 > 2H_2O + O_2$$

(www.youtube.com/watch?v=bqEsvNhvN8E)

Whenever you use hydrogen peroxide to disinfect a cut or as a mouthwash and you notice that it foams up, this is a clear indication that the concentration that you are using is higher than necessary. The catalase in your tissues converts the excess into water and gaseous oxygen which forms bubbles that many misinformed people claim is "proof" that it is working. NO. These bubbles are "proof" that your body tissues contain the enzyme catalase. In fact, this is the classic test to determine the existance of catalase.
(http://medic.med.uth.tmc.edu/path/catalase.htm)

Contrary to popular belief and contrary to what is written in many books, published on many websites and repeated by many "authorities", this bubbling action is NOT what kills various types of "germs". (Please see the previous sections on iron and hydroxyl radicals.) All that this bubbling means is that the concentration that you applied was stronger than needed and your body is converting the excess hydrogen peroxide to water and gaseous oxygen. However, on the positive side, this bubbling is a clear indication that both catalase and hydrogen peroxide are present.

Through numerous processes and with the help of many different enzymes and co-factors, hydrogen peroxide is vital for helping the body control and manipulate elemental hydrogen.

The basic (vastly over-simplified) concept is simple...

$$2H + H_2O_2 > 2H_2O$$

The simplicity and elegance of this equation will be lost on most uninformed and uninterested people. So as not to cast my "pearls before swine", this section has been saved for the end of this chapter where it can be found by people who are interested enough to read to this point.

The left side of this chemical equation contains an excess of hydrogen ions, which is the definition of acidity. The right side contains only water, which is the definition of neutral pH. The most simple, natural, fundamental way to neutralize acidity is via hydrogen peroxide.

The following are some of the most fundamental chemical equations that occur within the body...

$$2O_2^- + 2H^+ (+ \text{SOD}) > H_2O_2 + O_2$$

(Superoxide free radicals are converted to water and oxygen by the enzyme SOD.)

$$2H_2O_2 \ (+ \text{Catalase}) > 2H_2O + O_2$$

(Excess hydrogen peroxide is converted to water and oxygen by the enzyme catalase.)

$$2H \text{ (from oils or toxic compounds)} + H_2O_2 \text{ (+catalase)} > 2H_2O$$

(Saturated fats and toxic compounds are de-hydrogenated by hydrogen peroxide and the enzyme catalase.)

$$H_2O_2 \text{ (In the presence of iron)} > OH^- + OH^*$$

(Hydrogen peroxide is converted into alkaline hydroxide ions and hydroxyl free radical in the presence of iron and other metals.)

Hopefully, if will dawn upon the informed and interested reader that the importance of hydrogen peroxide is on a par with the importance of water and oxygen! The simple fact that hydrogen peroxide is made from oxygen and water should make this fact obvious but, unfortunately, our scientific community, our government and our people in general are intent at overlooking something so obvious.

Hydrogen peroxide can produce the most potent alkalizing agent known to man (hydroxide ion) and it can provide an incredibly powerful oxidizing agent (hydroxyl radical) that can disinfect our human body tissue from any and all known pathogens!

Hydrogen peroxide holds the middle ground between oxygen and water. It enables the body to manipulate elemental hydrogen and elemental oxygen in countless chemical reactions that make human life possible.

If the importance of the fundamental chemistry of oxygen, water and hydrogen peroxide has dawned on you, then you should count your blessings.

You may never be ill again.

Section 2

The government says...

§ 184.1366 Hydrogen peroxide.

(a) Hydrogen peroxide (H_2O_2, CAS Reg. No. 7722–84–1) is also referred to as hydrogen dioxide. It is made by the electrolytic oxidation of sulfuric acid or a sulfate to persulfuric acid or a persulfuric acid salt with subsequent hydrolysis and distillation of the hydrogen peroxide formed; by decomposition of barium peroxide with sulfuric or phosphoric acid; by hydrogen reduction of 2-ethylanthraquinone, followed by oxidation with air, to regenerate the quinone and produce hydrogen peroxide; or by electrical discharge through a mixture of hydrogen, oxygen, and water vapor.

(b) The ingredient meets the specifications of the Food Chemicals Codex, 3d ed. (1981), pp. 146–147,[1] which is incorporated by reference.

(c) In accordance with § 184.1(b)(2), the ingredient is used to treat food only within the following specific limitations:

Food	Maximum treatment level in food (percent)	Functional use
Milk, intended for use during the cheesemaking process as permitted in the appropriate standards of identity for cheese and related cheese products under part 133 of this chapter.	0.05	Antimicrobial agent as defined in § 170.3 (o)(2) of this chapter
Whey, during the preparation of modified whey by electrodialysis methods.	0.04	do.
Dried eggs, dried egg whites, and dried egg yolks as in §§ 160.105, 160.145, and 160.185 of this chapter.	Amount sufficient for the purpose.	Oxidizing and reducing agent as defined in § 170.3 (o)(22) of this chapter
Tripe	do	Bleaching agent.
Beef feet	Amount sufficient for the purpose. (Hydrogen peroxide may be in the form of a compound salt, sodium carbonate peroxide).	Bleaching agent.
Herring	Amount sufficient for the purpose.	do.
Wine	do	Oxidizing and reducing agent as defined in § 170.3 (o)(22) of this chapter.
Starch	0.15	Antimicrobial agent as defined in §170.3 (o)(2) of this chapter, to produce thermophile-free starch; Remove sulfur dioxide from starch slurry following steeping and grinding operations of corn refining.
Instant tea	Amount sufficient for the purpose.	Bleaching agent.
Corn syrup	0.15	Reduce sulfur dioxide levels in the finished corn syrup.
Colored (annatto) cheese whey	0.05	Bleaching agent.
Wine vinegar	Amount sufficient for the purpose.	Remove sulfur dioxide from wine prior to fermentation to produce vinegar.
Emulsifiers containing fatty acid esters	1.25	Bleaching agent.

(d) Residual hydrogen peroxide is removed by appropriate physical and chemical means during the processing of food where it has been used according to paragraph (c) of this section.

(e) Prior sanctions for this ingredient different from the uses established in this section do not exist or have been waived.

[46 FR 44439, Sept. 4, 1981, as amended at 51 FR 27172, July 30, 1986]

[1] Copies may be obtained from the National Academy of Sciences, 2101 Constitution Ave. NW, Washington, DC 20037, or examined at the Office of the Federal Register, 800 North Capitol Street, NW., suite 700, Washington, DC 20408.

Despite all of the published studies,
Despite the thousands of clinical treatments,
The FDA still ignores the truth.

This section contains documents from the FDA and other government agencies which clearly reveal how truly biased they are against products that may improve our health in favor of products that improve corporate profits.

<u>G</u>ENERALLY <u>R</u>ECOGNIZED <u>A</u>S <u>S</u>AFE (GRAS)

Please see the previous page for a copy of the Code of Federal regulations which documents the Generally Recognized As Safe status of hydrogen peroxide.

Now, you may not be in the habit of bleaching tripe, herring or beef feet, but as far as the federal government is concerned, you most certainly could legally use hydrogen peroxide in any amount or at any concentration necessary. There is a lot of information on the previous page that I even overlooked a number of important points for quite a while.

Please look closely at the previous page and you will see that in a very straightforward way, the government recognizes that...

1) Hydrogen peroxide can be used as an antimicrobial at a concentration of 0.05%.

2) Hydrogen peroxide can function as either an oxidizing or as a reducing agent.

3) Hydrogen peroxide can be used to reduce or remove compounds such as sulphur dioxide.

HHS News

U.S. Department of Health and Human Services

P89-18
Released: April 13, 1989

Food and Drug Administration
Mike Schaffer-(301) 443-3285

The Food and Drug Administration warned today that industrial strength hydrogen peroxide illegally promoted to treat AIDS and cancer has caused at least one death in Texas and several injuries require hospitalization.

The products are sold as "35% Food Grade Hydrogen Peroxide" to be diluted and used in "Hyper-oxygenation Therapy" for AIDS, cancers and more than 60 other conditions. FDA said there is no proof that either the product or the therapy has any medicinal value.

Further, the agency said, this concentration—more than ten times as strong as the 3 percent solution commonly used to disinfect minor cuts - is highly corrosive. FDA considers it dangerous even if it is handled according to the manufacturer's directions.

"This concentration is not approved by FDA for any therapeutic purpose," FDA Commissioner Frank E. Young, M.D., Ph.D., said. "Indeed, no one has come forward with any evidence this substance taken internally has any medical value. Buyers are being cheated and subjected to significant risks and family members are being injured."

The liquid is purchased in bulk from chemical plants in Texas and Mexico and repackaged into smaller containers by distributors. Stored in home refrigerators according to the manufacturers instructions, the corrosive chemical has been mistaken for water and consumed.

FDA in February, while trying to halt the distribution of 35 percent hydrogen peroxide by a distributor operating in Brownsville, Texas, learned of two incidents that occurred last year. In August, a 4-year old girl in Dennison, Texas, poured a drink for her two brothers from a quart bottle that she mistook for water. The resulting injuries required more than six months of medical care and cost thousands of dollars in expense. Then in September, in Conroe, Texas, a mother poured what she thought was water from a bottle in her refrigerator for her two children and a neighbor's child. Her children were severely injured and the neighbor's child died after drinking the liquid.

The agency said the products - sometimes called "Oxywater" and "H_2O_2" - are promoted as an "alternative medicine" by mail-order distributors in Wisconsin, Minnesota, California and Texas, and by some "health food" outlets.

The concentrated liquid comes in pint, quart and gallon containers with ordinary screw caps or, in some cases, with child-resistant caps.

Literature usually distributed with the product explains how to dilute the concentrated liquid for such unproven or unnecessary uses as sprouting seeds, purifying meat, cleansing laundry, and treating acne, gum disease, athlete's foot, colic, headache, varicose veins, AIDS and cancer.

Materials promoting the product often include printed pages resembling magazine articles along with alleged testimonials that blend various medical facts with fictitious claims and offer the view that hydrogen peroxide's benefits are suppressed by the medical establishment and the government.

The promotion of hydrogen peroxide as a home remedy has continued and has reappeared despite efforts of FDA beginning in 1985 to get distributors of 35 percent hydrogen peroxide to stop making the illegal claims. FDA is not aware of any medical benefits from consuming hydrogen peroxide in any form; no information or applications have been submitted to the agency to support any drug claims for taking this chemical internally.

Please look closely at the wording of the 1989 FDA notice on the previous page

"FDA said there is no proof that either the product or the therapy has any medicinal value."

"This concentration is not approved by FDA for any therapeutic purpose."

"Indeed, no one has come forward with any evidence this substance taken internally has any medical value."

"FDA is not aware of any medical benefits from consuming hydrogen peroxide in any form; no information or applications have been submitted to the agency to support any drug claims for taking this chemical internally."

PROOF?

Are they joking? How much proof do they need?

Please flip through the pages of this book and try to focus on the color red. If you have an original copy of this book, you will see that all of the references to peer reviewed studies published in respected medical journals are highlighted in red ink. (Please read through some of the reprints in Appendix B. Many of these articles are more than one hundred years old. The FDA has ignored and buried this information for more than a century.) A casual search on Pub Med reveals that over 40,000 studies on hydrogen peroxide have been published over the past 100+ years. I guess no one ever told the FDA. Maybe they don't know how to use a search engine on the internet. Hey FDA! Take a look...

www.ncbi.nlm.nih.gov/pubmed/
(enter 'hydrogen peroxide' as a search criteria)

Despite the fact that hydrogen peroxide therapy has been proven in clinical trials (and regular clinical practice) to be extremely safe and amazingly effective, very few people have heard about hydrogen peroxide therapy. An estimated 15,000 European practitioners use bio-oxidative therapies in their practices. The number of doctors in the United States who apply these therapies is less than two hundred! This is due to the fact that information about hydrogen peroxide is not provided in medical school. The medical establishment, especially medical boards, often discourage licensed physicians from using hydrogen peroxide in their practices, and will visciously attack them if they do. Clinics offering hydrogen peroxide therapy have been closed down. Practitioners using hydrogen therapy have had their licenses threatened or revoked. Businesses selling hydrogen peroxide products have been raided and have had their products seized and destroyed.

DANGER?

No one at "health food outlets" or in the "alternative medicine" world recommends that concentrated hydrogen peroxide should be used full strength. Of course that is dangerous. Yes, it is true that less than a handful of people over the past number of decades have mistakenly consumed concentrated hydrogen peroxide, but let me ask you something. You probably believe that it is generally safe to take one aspirin if you have a headache. You probably think it is safe to put a teaspoon of sugar in your coffee or tea. Right?

Would you take 700 aspirins? Of course not.

Would you put 700 teaspoons of sugar in your coffee?

Well, 35% hydrogen peroxide is 700 times more concentrated than the amount that is considered safe.

If someone died after taking 700 aspirins, or got sick after eating 700 spoonfuls of sugar, do you think that the FDA would put out a warning regarding the dangers of taking aspirin or using sugar at 700 times the safe dosage? Or would that be stating the obvious?

With any substance, (including hydrogen peroxide) toxicity is always dependent upon the amount used. Even too much water can kill you (and not just by drowning)! Every year, approximately 25 people die because they drink too much water, it dilutes the electrolytes in their system, and the electrical signals to their heart are unable to maintain proper control of their heart beat.

The point is that anything and everything can be dangerous if you use it improperly. Everything can be deadly. The important issue is relative danger. Relative to pharmaceutical products, hydrogen peroxide is amazingly safe.

DID YOU KNOW THAT...

Properly administered prescription drugs KILL over 100,000 people per year! Not mistakes. Not overdoses. "Properly prescribed" medications given to people in hospitals are toxic enough to kill over 100,000 people per year. (This study did NOT count all the deaths that occurred due to drugs if the problem occurred at the person's home.) (Jason Lazarou, Bruce H. Pomeranz and Paul N. Corey, "Incidence of Adverse Drug Reactions in Hospitalized Patients", **Journal of the American Medical Association**, April 15, 1998, Volume 279, Number 15, pages 1200-1205)

Where is the public warning? Where is the uproar?

FDA U.S. Food and Drug Administration U.S. Department of Health and Human Services

FDA Home Page | Search FDA Site | FDA A-Z Index | Contact FDA | FDA Centennial

FDA News

FOR IMMEDIATE RELEASE
P06-106
July 27, 2006

Media Inquiries:
Catherine McDermott, 301-827-6242
Consumer Inquiries:
888-INFO-FDA

FDA Warns Consumers Against Drinking High-Strength Hydrogen Peroxide for Medicinal Use

Ingestion Can Lead to Serious Health Risks and Death

The U.S. Food and Drug Administration (FDA) is warning consumers not to purchase or to use high-strength hydrogen peroxide products, including a product marketed as "35 Percent Food Grade Hydrogen Peroxide," for medicinal purposes because they can cause serious harm or death when ingested. FDA recommends that consumers who are currently using high-strength hydrogen peroxide stop immediately and consult their health care provider.

FDA is working to stop companies selling high-strength hydrogen peroxide from making illegal medical claims about their products. These claims are illegal because these products do not have FDA approval and are therefore being sold illegally for medical indications without any proven clinical value. The products can instead cause significant harm. As part of these ongoing efforts, FDA today issued Warning Letters to two firms illegally selling "35 percent hydrogen peroxide" products on Web sites for the treatment of AIDS, cancers, emphysema, and other serious and life-threatening diseases. These Warning Letters are available on FDA's Web site, at http://www.accessdata.fda.gov/scripts/wlcfm/recentfiles.cfm.

"This concentration is not approved by FDA for any purpose," said Dr. Steven Galson, Director of FDA's Center for Drug Evaluation and Research. "No one has presented any evidence that hydrogen peroxide taken internally has any medical value. In fact, consuming hydrogen peroxide in the manner touted by these websites could lead to tragic results."

FDA has never approved high-strength hydrogen peroxide to be taken internally and considers hydrogen peroxide at 35 percent strength dangerous, even if handled according to the manufacturer's directions. This high-strength hydrogen peroxide -- more than 10 times stronger than the solution used in over-the-counter drugs to disinfect minor cuts -- is highly corrosive. Ingesting hydrogen peroxide can cause gastrointestinal irritation or ulceration. Intravenous (IV) administration of hydrogen peroxide can cause inflammation of the blood vessel at the injection site, gas embolisms (bubbles in blood vessels), and potentially life-threatening allergic reactions.

FDA previously warned consumers, in an April 1989 press release, about the illegal promotion of industrial-strength hydrogen peroxide to treat AIDS and cancer, following at least one related death in Texas and several injuries requiring hospitalization.

####

RSS Feed for FDA News Releases [what's this?]

Please look closely at the wording of the 2006 FDA notice on the previous page...

"The FDA is warning consumers not to purchase or to use high-strength hydrogen peroxide products."

"FDA recommends that consumers who are currently using high-strength hydrogen peroxide stop immediately and consult their health care provider."

"These products do not have FDA approval."

"This concentration is not approved by FDA for any purpose."

"No one has presented any evidence that hydrogen peroxide taken internally has any medical value."

"FDA has never approved high-strength hydrogen peroxide to be taken internally."

"Ingesting hydrogen peroxide can cause gastrointestinal irritation or ulceration."

It sure seems like they just copied the notice from 1989.

The real problem with hydrogen peroxide is that it is nowhere near as profitable as drugs. The only thing that the FDA can do is to scare people into thinking that it is bad for them. Through intimidation and legislation, not wisdom and successful healing techniques, doctors have gained two very interesting powers: The power to create the perception that their drugs and therapies are needed, and a monopoly on the legally controlled opportunity to satisfy that contrived need. How many times have you been told to "ask your doctor" or to "consult a physician"? Doctors want us to believe that they and only they possess a secret knowledge of the human body which only they have the ability and right to interpret. They claim a monopoly over the definition of disease and jurisdiction over illness regardless of their inability to cure it.

The net cost of the materials needed for an intravenous infusion of hydrogen peroxide in a clinical setting is about $25! Even if you include the legitimate fees for the doctor's professional assistance and the use of their offices and equipment, hydrogen peroxide is still an amazing financial bargain for the patient and a potential financial disaster for hospitals and pharmaceutical companies. Can you imagine the financial disaster that the medical establishment would have to endure if individual people actually took responsibility for, and control of, their own health by applying the types of hydrogen peroxide therapy that can be used safely at home?

Father Richard Willhelm, B.S., an early proponent of hydrogen peroxide therapy collected information regarding the safety and effectiveness of hydrogen peroxide and took it to the corporate headquarters of a large pharmaceutical firm. Their spokesperson replied:

"Father, I might as well be honest with you. You have to remember that we are a commercial venture. I can see no commercial value whatsoever in finding that hydrogen peroxide cures anything. ***You just can't make any money out of it.****"*

MONEY

A major reason for the lack of interest in (and outright antagonism toward) hydrogen peroxide therapies is that hydrogen peroxide cannot be patented. There is simply no financial incentive to use hydrogen peroxide in modern medical practice. Hydrogen peroxide can be used to treat a broad spectrum of health problems at an extremely low cost. Compared to surgery, chemotherapy, radiation and pharmaceutical drug therapy, hydrogen peroxide is simply not a money maker. Hydrogen peroxide poses a threat to the continued dominance of the medical establishment, which includes the pharmaceutical industry, medical centers and physicians who are accustomed to providing expensive drugs, complex medical procedures and long hospital stays in order to feed their large incomes.

The drug companies have representatives on nearly all the committees in the FDA. They are on the verge of getting our federal government to mandate universal health care. This will not mean that health care will improve and it will not mean that people will be more healthy. All this means is that everyones' tax money will be funnelled to the medical establishment with government approval and coercion. Please reread the quotation from Thomas Jefferson on the cover of this book. Your health is in jeopardy.

Please think clearly for a moment. If, as a nation, we actually "cut costs" by improving the health of Americans, who would receive less money?

If there is something which may be effective but might outsell and outperform a drug company's product, of course they are not going to allow it to be accepted as common practice. Almost all the medical research that is taking place in industrialized nations is financed either directly or indirectly by pharmaceutical companies. In a country like the United States, representatives of the drug companies sit on FDA committees that decide what is to be studied. Since there is no financial incentive to study the effectiveness of hydrogen peroxide (which is extremely inexpensive and cannot be patented), government approved studies on hydrogen peroxide will probably never be done, so it will never be officially "proven" to be effective and so it will never be "approved" by the FDA.

Warning

2006-73
August 21, 2006
For immediate release

Health Canada Warns Against Drinking Hydrogen Peroxide for Medicinal Use

OTTAWA - Health Canada is warning consumers and patients not to drink products containing hydrogen peroxide for medicinal purposes because they can cause serious harm or death when ingested. Anyone who is currently using hydrogen peroxide in this manner should stop immediately and consult a health care provider.

Ingestion of hydrogen peroxide can cause serious harm or death, as well as irritation or ulcers in the stomach and intestines. Health Canada has not authorized any hydrogen peroxide product advertised to treat AIDS, cancer, emphysema or any other serious and life-threatening diseases. There are, however, several high strength hydrogen peroxide products authorized for sale in Canada as disinfectants and as dental bleaching applications, which are health products for professional use only.

Health Canada advises Canadians to contact the Health Products and Food Branch Inspectorate at 1-800-267-9675 if they find any hydrogen peroxide product advertised in Canada to treat AIDS, cancer, emphysema or any other serious and life-threatening diseases. Consumers requiring more information about this advisory can contact Health Canada's public enquiry line at (613) 957-2991, or toll free at 1-866-225-0709.

To date, no adverse reactions suspected to be associated with the ingestion of hydrogen peroxide have been reported to Health Canada. To report a suspected adverse reaction to this or any other health product, please contact the Canadian Adverse Drug Reaction Monitoring Program (CADRMP) of Health Canada by one of the following methods:

Telephone: 1-866-234-2345
Facsimile: 1-866-678-6789

CADRMP
Marketed Health Products Directorate
Tunney's Pasture, AL 0701C
email: cadrmp@hc-sc.gc.ca.

Unfortunately, the United States FDA is not alone. Please take a close look at the August 21, 2006 notice from "Health Canada" on the previous page.

"Health Canada is warning consumers and patients not to drink products containing hydrogen peroxide for medicinal purposes because they can cause serious harm or death when ingested. Anyone who is currently using hydrogen peroxide in this manner should stop immediately and consult a health care provider."

"Ingestion of hydrogen peroxide can cause serious harm or death, as well as irritation or ulcers in the stomach and intestines."

Ooooooooooo. Scaaaaaarrry! Be afraid! But...

"To date, no adverse reactions suspected to be associated with the ingestion of hydrogen peroxide have been reported to Health Canada."

Health Canada is busy warning Canadians about a problem that, by their own clear admission, DOES NOT EXIST! I kept digging and I found this gem on the BC Cancer Agency website...

"The role of your cancer health professional is to create an environment of openness and trust, and to help in making informed decisions about alternative/complementary therapies... The 'Summary' and 'Professional Evaluation/Critique' sections of this Unconventional Therapies manual are cited directly from the **medical literature**.

'After studying the literature and other available information, the American Cancer Society has found no evidence that treatment with hydrogen peroxide or other 'hyperoxygenating' compounds is safe or results in objective benefit in the treatment of cancer. Lacking such evidence, the American Cancer Society strongly urges individuals with cancer not to seek such treatments' **(CA)**.

'Oral hydrogen peroxide would automatically be ineffective since all of the hydrogen peroxide would be eliminated in the stomach forming water and inert gaseous oxygen which would then be lost in burping or passing flatus. No effect would occur in the body' **(Personal)**"

When I followed the footnotes to the reference section, I was absolutely shocked to find the following...

"**(CA)**: Anonymous. Questionable methods of cancer management:hydrogen peroxide and other 'hyperoxygenation' therapies. CA:a Cancer Journal for Clinicians 1993; 43:47-56

(Personal): Personal communication to BC Cancer Agency Cancer Information Center - search file 1121G."

(www.bccancer.bc.ca/PPI/UnconventionalTherapies/HydrogenPeroxide.htm)

So I guess that, according to the BC Cancer Agency, **"medical literature"** now includes anonymous and personal!!

There is a very good reason why the "powers that be" are trying so hard to scare you away from using hydrogen peroxide. What would happen if a "cure" was discovered for a veritable laundry list of ailments ranging from the big ones like heart disease and cancer down to the common cold? How many doctors, nurses, pharmacists, drug sales reps, hospital and insurance administrators would lose their jobs if millions of people were suddenly cured of their ailments? Do you really believe that these people really want a "cure" to be found? No. They want new "treatments" to be developed. If they were to actually "cure" you, their money tree would wither and die. If, instead, they can offer you the latest "treatment" for your "incurable" disease, their charade can continue indefinitely. The medical industry has grown to over 20% of our entire economy by providing "treatments", not "cures"! Do you think that media outlets are going to want to lose the billions of advertising dollars that the pharmaceutical companies pay them? Do you think that politicians in government are going to want to see their wealthy donors lose the income that they use to make political donations? Do you really think that the American Heart Association, the American Cancer Society and the American (insert disease name here) Group really wants to put themselves out of business by finding a cure for the disease that enables them to raise the billions of dollars that pays for their salaries? The battle for your health is a conflict between Mother Nature's truths and the goal of corporate profit. Just like any other business, the bottom line in the medical industry is *their* profit, not *your* health. No one in the medical establishment has any financial incentive to "cure" you. The FDA will not allow anyone to even use that word! Their only incentive is to keep you ill so that testing, treatment and profits can continue indefinitely.

Why does the government provide legal patent protection to drug companies to be able to sell "life and death" medications at exhorbitant profits with no consideration for the millions of people who truly cannot afford to pay for them?

Why does the medical establishment insist upon treating only the symptoms of disease rather than addressing their cause and preventing them?

Why is it a criminal offense to simply state that a natural substance such as hydrogen peroxide may be beneficial and free of negative side effects, but it is perfectly legal to promote pharmaceutical drugs that are known to be toxic, and are known to cause seemingly endless lists of deadly side effects?

Is it ignorance? Or is it greed?
Do you think I'm exaggerating?
Do you think that I am making this up?
Would you like some clear and obvious proof?

CVM Update

<<Back

May 2, 2007

FDA REMOVES HYDROGEN PEROXIDE FROM THE LIST OF LOW REGULATORY PRIORITY AQUACULTURE DRUGS

The Food and Drug Administration (FDA) is announcing today the removal of hydrogen peroxide from the list of Low Regulatory Priority Aquaculture Drugs identified in the Program Policy and Procedures Manual Guide 1240.4200 http://www.fda.gov/cvm/Documents/LRPDrugs.pdf.

FDA, under enforcement discretion, had previously not objected to the use of hydrogen peroxide to control fungi on all species and life stages of fish, including eggs; however, hydrogen peroxide is now the subject of an FDA-approved new animal drug application with the trade name 35%PEROX-AID http://www.fda.gov/cvm/CVM_Updates/perox-aid.htm. Therefore, the only approved hydrogen peroxide product that can be used in fish production is 35%PEROX-AID. There is no longer any enforcement discretion for the use of hydrogen peroxide to control fungi on all species and life stages of fish, including eggs, or for its use to treat any other fish disease.

Aquaculture producers raising fish for human food consumption should not use drug compounds other than the approved product because it can be unsafe for your fish. In addition, the effectiveness of unapproved drug compounds is questionable.

The FDA is also reminding food animal producers to read veterinary drug labels carefully and follow label directions to help avoid causing illegal residues in their products.

Questions concerning the use of hydrogen peroxide in aquaculture may be directed to Fran Pell, Consumer Safety Officer, FDA/Center for Veterinary Medicine, Division of Compliance, 240-276-9211, frances.pell@fda.hhs.gov.

Issued by:
FDA, Center for Veterinary Medicine,
Communications Staff, HFV-12
7519 Standish Place, Rockville, MD 20855
Telephone: (240) 276-9300 FAX: (240) 276-9115
Internet Web Site: http://www.fda.gov/cvm

Web page updated by mdt - May 2, 2007, 12:44 PM ET

HERE'S HOW THE FDA WORKS...

The previous page contains a copy of an actual FDA notice regarding the use of hydrogen peroxide in the fish industry. Please take the time to read this notice and understand its implications. This official letter is the clearest example that I have been able to find in order to document just how screwed up our system is.

Prior to May 2, 2007, as the letter states:

"The FDA, under ***enforcement discretion***, had previously not objected to the use of hydrogen peroxide to control fungi on all species and life stages of fish, including eggs."

But now...

"Aquaculture producers raising fish for human consumption should not use ***drug*** compounds other than the approved product, because it can be unsafe for your fish."

People, please understand this. The only active ingredient in PEROX-AID is hydrogen peroxide. Prior to this FDA notice, the FDA, using only their "**enforcement discretion**" had always allowed fish growers to use hydrogen peroxide from any manufacturer in order to control fungus in their fish. Now, fish growers throughout North America must use PEROX-AID supplied by Eka Chemicals, Inc. (Marietta, Georgia). There is only one "approved" distributor of PEROX-AID in the United States (Western Chemical Inc.) and only one "approved" distributor in Canada (Syndel Laboratories LTD.) Because the FDA decided to change their "**enforcement discretion**", these companies now have an "approved" monopoly in the market for hydrogen peroxide.

Now, hydrogen peroxide is no longer considered to be a natural substance. Now it is a "***drug***". You can no longer use the natural substance. Now you have to use the "drug".

THIS IS EVIL!
THIS IS HOW THE FDA OPERATES!

No tests were done to show that other companies' hydrogen peroxide was dangerous or less effective. The new "***drug***" is the same damn thing in a fancier bottle with a fancier name. The only difference is that Perox-Aid has the official FDA blessing. As of May 2, 2007, according to the FDA, the hydrogen peroxide that they considered to be a low priority is now dangerous? But, if you are Western Chemical Inc., or Syndel Laboratories LTD. and you put this same hydrogen peroxide in a fancy bottle, and sweet talk the FDA into "approving" your version, then your version is safe and everyone else's version of the same God-given food grade hydrogen peroxide is suddenly dangerous and not "approved"?

"Formerly, facilities could purchase and use most any brand of hydrogen peroxide. This has changed and the ONLY hydrogen peroxide product that can legally be purchased and used is PEROX-AID."
(Rosalie Schick, National Coordinator for Aquaculture New Animal Drug Applications, January 15, 2007 Press Release)

Doesn't this sound a bit fishy?

But wait, it gets even better! The Upper Midwest Environmental Sciences Center (UMESC) wrote the environmental assessment, performed the animal safety studies and conducted the effectiveness studies in the lab and in the field. The UMESC is a part of the United States Geological Survey which is a part of the Department of the Interior of the federal government. So, in essence, your federal tax dollars paid for all the work. All Eka Chemicals, Inc. did was fill out the application for a new animal "drug". They get an exclusive monopoly for the use of hydrogen peroxide for seven years, no one can use any other hydrogen peroxide on any fish or fish eggs and our tax dollars paid for this.

FISHY? HELL, THIS IS BULLSHIT!!

Please also note that Syndel Laboratories LTD's specification sheet on PEROX-AID states that treating salmon eggs for only 60 minutes at 500 parts per million is a safe, effective and FDA "approved" means to prevent and treat fungal infections.
(www.syndel.com/d_p_f_s/perox-aid_info_sheet.html)

Well, I don't know about you, but if fish farmers can safely use hydrogen peroxide on delicate fish eggs, then I'm going to use it on myself!*

* Don't use PEROX-AID. It definitely contains unknown and undocumented preservatives and stabilizers. Only use food grade hydrogen peroxide.

FREEDOM OF CHOICE

"I am wholly confused by the way I was treated in the pharmacy at the Burnley branch of Asda (Walmart) in the UK when purchasing hydrogen peroxide, which I have bought for years. I can think of only two occasions ever where the pharmacist had asked me what I wanted it for, and they were both in Asda stores in the past two months. The assistant at the Burnley branch asked the pharmacist if she was allowed to sell me two bottles, resulting in the pharmacist asking me what I required it for. After saying that I used it for skin problems and other general uses, the pharmacist told me that no, I could not have two bottles, but I could have one. Am I to take it that my answer affected whether she could sell me two bottles? I enquired into why this is, and was told that people abuse this substance. I replied that if I needed two bottles, I would have to make two visits to the store which is ridiculous, to which her reply was that if I was seen to be buying it regularly, they would stop selling it to me. Now, what I want to know is... Is this the correct procedure for a pharmacist to judge whether I am buying too much of this substance, and to ask me what I intend to use it for? I am offended by such a question if it was to solicit whether I should be sold hydrogen peroxide on the basis of my answer. This puts the seller in the judge and jury position, and I am not prepared to be judged when I am purchasing something. The substance has been a legally saleable item to which there haven't been any restrictions in all the years I have been purchasing it. I have bought it in quantity in the past when I have been colouring my hair, and my friend's hair. I like to put about a pint in my bath from time to time, rinse my mouth with it, bleach my teeth and disinfect the kitchen worktops and chopping board with it, even treat the aquarium and garden with it, but judging by tonight's experience in the pharmacy, I won't be able to purchase that amount. Obviously, this all leads me to ask... What are my rights in this issue? Does someone in a pharmacy have the right to judge whether I can buy a product that is on the shelf. If so, I am concerned that where I may be judged 'against', someone else may be judged 'for'. Shouldn't only a judge have those rights? Is this policy a matter of written law in the UK or anywhere else, or an Asda (Walmart) policy?"

D. from Manchester, England (7-31-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

Section 3

How to use
3% Food Grade Hydrogen Peroxide

(And testimonials from those who have used it)

HODGKINS DISEASE

"In December, 1985, I was diagnosed as having Hodgkins Disease. I had radiation treatments for the first five months in 1986. Everything was supposedly going good. Then, in February of 1987, the doctors found a new tumor on my left lung. From March of 1987 to March of 1988, I received chemotherapy treatments. The treatments weren't doing any good so my doctor decided to send me to the Mayo Clinic in Rochester, Minnesota. They told me I needed extensive chemo treatments because the tumor was too aggressive. They also told me I needed a bone marrow transplant to completely wipe out the cancer. Last year, from March through August I had three surgeries. I also had my bone marrow drawn because the doctors wanted to use my own marrow for the transplant. They stuck a needle into my lower back 175 times to get out the proper amount of marrow they would need for the transplant. It was very, very painful.

The final decision was up to me, so we left home and went back down to the Mayo Clinic for the bone marrow transplant. When we arrived, they gave me x-rays right away to compare with the last ones I had gotten before the extensive chemo treatments. They found out the tumor was the same size. They told me if they would do the transplant now, I would probably die during the process. They also said if I didn't get the transplant soon, I could die. What a prognosis! What was I supposed to do? They told me they were going to try some experimental chemo treatments on me. They said there was a good chance it would ruin my breathing system (damage my lungs) and it would ruin my blood platelet count so I would have to get transfusions for the rest of my life. I thought I was going to die, so I cried.

We came back to Bismarck and went to see my doctor. She had everything set up for my experimental treatments. My husband told her there was no way he was going to let them put that garbage into my body. He told her I was hardly alive now and he wasn't going to sit back and watch them kill me with their drugs. I had lost the feeling in my right hand because of a chemo injection that was accidentally put under my skin instead of in my vein. It had damaged the nerves in my thumb and index finger and my doctors told me it would never be normal again. I couldn't write, hold silverware or put my earrings on. I didn't have to worry about holding a comb because I didn't have any hair left. A friend of ours from our church had seen enough of what we had been through. He told my husband there was an alternative for cancer treatments. He gave a tape to listen to with a man named Dr. Donsbach telling about what he was doing for cancer patients at his Hospital Santa Monica in Mexico. My husband was very excited about it and listened to it over and over. He started doing some searching and finally got the phone number for the hospital.

When we arrived at Hospital Santa Monica, I was scared. I was doing something I had never done before and I was 2,000 miles away from my kids. After the first day there, I loved it! I could have a treatment and not throw up! The atmosphere at the hospital is so friendly. It felt more like we were on vacation instead of facing a life or death situation. The food that is served is also excellent. At breakfast we would sit in the dining room and watch the dolphins swim by in the ocean. At suppertime we would watch the beautiful sunset on the ocean. It was very uplifting - nothing at all like your normal hospital.

By the time I got home, I could use my hand again. It was one of the first things my parents noticed because I could hold a fork and I could write normally again. I thank God my husband didn't listen to my doctors. I feel excellent and my husband told me it's nice to have me back. My doctor gave me a clean bill of health a few months ago. The cancer is gone. I've gone back to work after being off for one and a half years. If it weren't for your hospital, I don't think I would be here today."

ECHO Newsletter, Volume III, Number IV, Spring 1990

THE SAFE USE OF HYDROGEN PEROXIDE...

Let's start with the uses of hydrogen peroxide of which even the FDA "approves"! Well, not really. The following uses are not actually "approved" by the FDA, because they simply don't have the authority to "approve" or "disapprove" of these uses. For many applications, hydrogen peroxide is considered to be a "cosmetic" and as such, it is regulated differently. For many "environmental" uses, the authority to "approve" or "disapprove" actually rests with the Environmental Protection Agency (EPA).

I do not believe that our government agencies can be trusted with control over our health. Please reread the quote from Thomas Jefferson that is on the cover of this book. The only hope that we have is to take responsibility into our own hands. Every day in this wonderful world, there are literally thousands of people who routinely utilize diluted hydrogen peroxide in hundreds of different ways. They don't ask their doctor if it is okay to do so, because they already know by experience that it is more than okay. Most likely, they have had to fight with their doctor and have already ignored their doctor's advice and found out for themselves that despite the small danger posed by accidentally using too much, using moderate amounts of hydrogen peroxide in the following ways can seem absolutely miraculous!

It isn't a miracle. It's just good science.

ORAL

Three percent hydrogen peroxide has long been a popular and inexpensive mouthwash, used either full strength or diluted by half in distilled water. This long accepted, common practice is based on proven scientific research. Hydrogen peroxide has been used in dentistry for over eighty years. It has been found to prevent plaque and gingivitis and it is helpful in healing infections of the mouth and gums.

In 1979, fourteen dental students at the Department of Periodontology at the University of Gothenburg in Sweden took part in a double-blind study. After a thorough dental examination, half of the students were told to rinse their mouths three times daily, after meals. The use of toothbrushes was NOT permitted! Measurements of plaque and gingival "index scores" were taken after four, seven, and fourteen days of the study. Bacteria from the mouth was examined microscopically and analyzed after the first and second weeks. The results showed that the mouthwash containing hydrogen peroxide effectively prevented the colonization of a number of types of bacteria, including filaments, fusiforms, motile and curved rods as well as spirochetes. The hydrogen peroxide also retarded plaque formation and "significantly retarded" the development of gingivitis. The researchers concluded:

"It is suggested that hydrogen peroxide released by mouthwashes during rinsing may prevent or retard the colonization and multiplication of anaerobic bacteria."

(J. Wennstrom and J. Lindhe, "Effect of Hydrogen Peroxide on Developing Plaque and Gingivitis in Man," **Journal of Clinical Periodontology** 6, 1979, pages 115-130)

"An expert advisory committee on antimicrobial agents found that hydrogen peroxide was the only substance that could safely and effectively be used for cleaning mouth injuries."

(Federal Register, Volume 46, Number 6, January 9, 1981)

"Daily exposure to low levels of hydrogen peroxide present in dentifrices is much lower than that of bleaching agents. Studies in which 3% hydrogen peroxide or less were used daily for up to six years showed occasional transitory irritant effects only in a small number of subjects with pre-existing ulceration. Prolonged use of hydrogen peroxide decreased plaque and gingivitis indices. Wound healing following gingival [gum] surgery was enhanced due to the antimicrobial effects of topically administered hydrogen peroxide. For most subjects, beneficial effects were seen with hydrogen peroxide levels above 1%."

(M.V. Marshall et al., "Hydrogen Peroxide: A Review of Its Use in Dentistry," **Journal of Periodontology** 66, number 9, September, 1995, pages 786-796)

In the early 1990s, following a report of tooth damage related to the misuse of an over-the-counter teeth whitening kit containing an acidic pretreatment rinse, the FDA considered changing the status of teeth whiteners from a cosmetic (which are regulated differently) to a drug. This led to a temporary ban of teeth whitening products in the fall of 1991 until June, 1992. This ban did not include hydrogen peroxide. The FDA ultimately decided not to reclassify teeth whiteners as drugs and therefore the FDA does not regulate these types of products.

Interestingly enough, the form of peroxide that is commonly used in teeth whitening products is an ingredient called carbamide peroxide, which is a mixture of hydrogen peroxide and urea, which is one of the main constituents of URINE.

Canker sores can certainly be treated with hydrogen peroxide. Even the National Institute of Health says so...

"Question:
How can you treat painful canker sores in your mouth?
Answer:
The easiest home remedy is to apply hydrogen peroxide with a cotton swab on the canker sore (one part hydrogen peroxide to one part water)"

(www.nlm.nih.gov/medlineplus/ency/article/002065.htm)

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

SINUS

"My husband had been struggling with a sinus infection. He started taking hydrogen peroxide in a glass of water a couple times a day. The second day, we doubled the dose and a few minutes later a ball of disgusting yellow and green mucous came flying out of his mouth... I mean flying. It was pretty impressive. The nest of the infection was gone."

Sarah from Baltimore, Maryland (4-7-2008)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

SKIN

"Many years ago I met a man whom I mistook for a high school boy. He was actually in his 40s. He told me about a hydrogen peroxide solution he made by mixing food grade hydrogen peroxide with aloe vera gel and to rub it onto the entire body twenty or thirty minutes before showering, daily. I did this for a while and noticed many improvements in my appearance as well as energy levels."

Rhonda from San Antonio, Texas (3-11-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

COLD SORES

"My vanity for white teeth found me reaching for the peroxide sixteen years ago. A side effect was that I was no longer experiencing cold sores (approximately six a year). My regime was brushing teeth, gums, and tongue with peroxide a couple times a week. When I forgot to do this, the tingling sensation of an outbreak reminded me to do the peroxide treatment and no cold sore surfaced. There have been a few times that I was out of peroxide and got the cold sore but it was gone within two days of getting peroxide and the sore was very mild. Apply directly in addition to brushing the entire mouth. I've had two cold sores in the last fifteen years. The one during my divorce and the other after getting unjustly fired from my job. Both were mild attacks."

Renee from El Dorado, Kansas (5-28-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

While you should absolutely never use any form of hydrogen peroxide purchased from a drug store or grocery due to the fact that they all contain toxic preservatives, stabilizers and heavy metals, do take the time to look at a label of pharmacy grade hydrogen peroxide. It clearly states:

*"**Oral Debriding Agent:** For use as a gargle or rinse. Aids in the removal of phlegm, mucus or other secretions associated with occasional sore mouth. As an oral rinse: Mix with an equal amount of water, swish around in the mouth over the affected area for at least one minute and then spit out. Use up to four times daily after meals and at bedtime, or as directed by a dentist or doctor."*
(CVS pharmacy U.S.P Hydrogen Peroxide label, May 20, 2008)

AUTHOR'S ADVICE:

I personally, strongly suggest that you follow the official government/pharmaceutical advice and use 3% hydrogen peroxide as a mouth rinse and gargle four times a day after meals and at bedtime. However, don't use the toxic, stabilized pharmacy grade hydrogen peroxide, instead use only higher quality 3% food grade hydrogen peroxide. Using 3% food grade hydrogen peroxide as an oral rinse and gargle four times a day is absolutely the best, simplest, safest and most instructive way to introduce yourself to using hydrogen peroxide. It's safe, it's easy and it's government approved. Your mouth will be much healthier, your teeth will be much whiter, and you will begin to become far more comfortable with the benefits of hydrogen peroxide in an introductory way which will give you confidence to use hydrogen peroxide in even more powerful ways. When you use hydrogen peroxide, you are using the most fundamental ingredients of all human life - oxygen and water.

SKIN

The typical bottle of pharmacy grade hydrogen peroxide also says:

*"**First Aid Antiseptic:** For treatment of minor cuts and abrasions. First aid to prevent the risk of infection in minor cuts, scrapes and burns. Directions: Clean the affected area, apply a small amount of product on the affected area 1 to 3 times a day. If bandaged, let dry first."*
(CVS pharmacy U.S.P Hydrogen Peroxide label, May 20, 2008)

Again, I very strongly agree, but again, don't use the toxic, stabilized pharmaceutical grade. Instead, use 3% food grade hydrogen peroxide and use it on any skin issue you may have.

Although it is an unpleasant topic, and you will not want to believe that this is actually going on under your skin, all over your body, the following is a reality. The human body is covered with billions of tiny mites. Many people believe that they are a major cause of skin aging and blemishes. Like all living creatures, these mites excrete waste. They excrete their waste on your skin, in your pores, under your finger and toe nails, in your sweat glands, under your dead skin cells in your hair follicles, etc. Their waste contains and attracts various bacteria, viruses and fungi which are all too happy to consume it, grow and multiply (right there on your skin)! Ordinary soap and water simply does not remove this ongoing problem. Hydrogen peroxide does!

Hydrogen peroxide can help remove dead skin or anaerobic organisms such as bacteria, virus, fungi or parasites or any of their excrement. I strongly suggest that you use 3% food grade hydrogen peroxide on any acne that you may have. Use 3% food grade hydrogen peroxidee on any kind of skin blemish. Use it on any kind of rash, fungus, wart, etc. Use 3% food grade hydrogen peroxide anywhere your skin seems to need any kind of help. A very easy way to do this is to spray your body immediately after leaving the shower. Just be careful to not get it into your eyes. I have personally seen hydrogen peroxide work miracles on skin problems!

SANITARY FOOD PRACTICES

If you read the federal regulations in the previous section, you saw that the government generally finds it to be safe to use hydrogen peroxide in a number of different ways. According to the regulations, hydrogen peroxide (at a concentration of only 0.05%!) may be used as an anti-microbial agent in milk that is used in the making of cheese. Hydrogen peroxide may also be used in any "amount sufficient for the purpose" to bleach tripe, beef feet, herring and instant tea!

This is not a new idea.
"Hydrogen peroxide has considerable value as a germicide for two reasons: First, the enormous reduction of numbers of bacteria, and second, the harmlessness of the decomposition products."
(Heinemann, **Journal of the American Medical Association**, March 24, 1913)

Hydrogen peroxide is also approved for use by the aseptic packaging industry. You are most certainly familiar with the small boxes of juice and other drinks that do not need to be refrigerated. Manufacturers spray the inside of those little boxes with hydrogen peroxide before they are filled with fluids such as fruit juice, milk, etc. Once the package is hermetically sealed, any hydrogen peroxide in the container will prevent any bacteria, viruses or fungi from growing within the container.

"Hydrogen peroxide may be used to treat polyethylene food-contact surfaces."
(Federal Register, Volume 46, Number 6, January 9, 1981, 21 CFR, Part 178, Section 178, 1005, (e), (1))

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

DISINFECTANT

Now, if you ask them, the FDA will say that hydrogen peroxide is not approved as a disinfectant around the home. They will say that hydrogen peroxide is not "approved" to help fight mold, mildew, fungi, etc. These statements are TRUE, TRUE, TRUE. The FDA has not approved hydrogen peroxide for these uses. Not because hydrogen peroxide isn't safe and effective, but simply because the FDA has absolutely no authority to even rule on these uses. The authority to regulate hydrogen peroxide for use in disinfecting your environment rests with the Environmental Protection Agency (EPA) not the FDA!

The EPA has approved hydrogen peroxide for use as an antimicrobial treatment in agricultural premises, food establishments, medical facilities, home bathrooms, dairy processing plants, food processing equipment, breweries, wineries and beverage plants. In addition, hydrogen peroxide (along with and oxidized form of vinegar) is one of the materials approved by the U.S. Evironmental Protection Agency (EPA) for use in **anthrax decontamination** efforts to reduce spore populations.

"EPA reviewed data related to the safety and effectiveness of using hydrogen peroxide [and an oxidized form of vinegar] for the inactivation of bacillus anthracis[anthrax]. EPA determined that the product could be used safely and effectively."
("Hydrogen Peroxide and Peroxyacetic Acid," **Pesticides: Topical and Chemical Fact Sheets**, Washington D.C.: U.S. Environmental Protection Agency, July, 2007 http://www.epa.gov/opp00001/factsheets/chemicals/hydrogenperoxide_peroxyaceticacid_factsheet.htm)

The EPA also has approved disinfection systems used by numerous companies throughout the world. These companies offer clean-room sterilization techniques that simply spray a fine vapor of hydrogen peroxide into the room in order to disinfect it completely. Please note the product's EPA registration. Even though it is used in a healthcare setting, the authority to register its use rests with the Environmental Protection Agency!
(www.steris.com/healthcare/about_vaprosure.crm)

"Vaporized hydrogen peroxide is registered by EPA as a sterilant that inactivates bacterial spores on environmental surfaces in an enclosed area. It is used to decontaminate or sterilize sealed enclosures such as isolaters, work stations, and pass through rooms. EPA reviewed data related to the safety and effectiveness of using liquid hydrogen peroxide vapor for inactivation of Bacillus Anthracis spores. EPA determined that the product could be used safely and effectively, and that no unreasonable adverse effects would occur from the requested uses."
(www.epa.gov/pesticides/factsheets/chemicals/vhp_factsheet.htm)

Ask yourself: If...

The Code of Federal Regulations says that hydrogen peroxide can be used to disinfect milk or to bleach tripe and beef feet and...

The EPA says that hydrogen peroxide can be used to destroy *anthrax spores* and...

The EPA registers the products that companies use when spraying hydrogen peroxide vapor into hospital operating rooms in order to disinfect them, then...

WHY THE HELL WOULDN'T IT BE SAFE AND EFFECTIVE TO USE HYDROGEN PEROXIDE IN THE FOLLOWING WAYS?

Unless otherwise stated, all of the following recomendations are for undiluted 3% food grade hydrogen peroxide.

AQUARIUMS / TROPICAL FISH
The FDA has approved the use of hydrogen peroxide as a "drug" for use by fish farmers to help prevent the growth of fungus on their fish eggs and hatchlings. (See pages 52-53). The producers of Perox-Aid recommend short term exposure at 500 parts per million. Many tropical fish enthusiasts (and professional aquarium managers) regularly maintain a level between 30-100 parts per million in the water in their aquariums. Reason would tell you to start with a very low amount, see if it is adequate to the task at hand and gradually increase the amount as needed.

BATHROOM
Spray it in the shower to remove mold and mildew. Pour it in the toilet tank (where the water is stored for the next flush). Pour it down the sink, tub and shower drains.

FLOOR
A floor mopped with hydrogen peroxide is a vast improvement over the sickening and toxic smell of chlorine and ammonia. Your pets will especially appreciate the improvement. To a dog, cat, or most other pets, a house cleaned with ammonia smells like it has been invaded by an alpha dog or cat who has marked the entire place with urine.

FOOD STORAGE / LEFTOVERS
Spray the container before you put in the leftover food and then spray the top of the food before you close the container.

GARDEN AND HOUSEPLANTS
Spray on outdoor or indoor plants to remove any fungus or mold. Add to all the water you use on all your plants. When hydrogen peroxide soaks into the soil, it neutralizes dangerous fungus in the soil, and as oxygen gas is released, the

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%.
(500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance.
Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

BREATHING HYDROGEN PEROXIDE

"At 69 years of age, my muscles were so tight that to get out of bed I would lay on my stomach and back out onto the floor, then push down on the bed and stand up. I was convinced that hydrogen peroxide was what I was looking for, but how should I get it into my system? I decided that the easiest and most efficient way was to inhale 3% peroxide solution through my mouth and into my lungs. I just happened to have a 'nasal spray pump', so I dumped the contents and refilled it with 3% peroxide. How many times should I pump? I settled for one pump per inhale, four times a day. That went on for about a month. Then, as I was laying down one day for a short rest, I noticed that I was breathing freely - no forced inhale or exhale. That was the first result I noticed from my therapy. Next I changed the times when I inhaled the peroxide. Now I inhale two times in the morning and again at night. While deep inhaling I pump the spray as many times as I can, usually eight to ten pumps for each inhale. Another thing I soon noticed was that I now sleep all night with my mouth closed. I used to have heartaches that were very uncomfortable, but no more. My wife and I have been inhaling peroxide for nine years now and have had no colds, sore muscles, aches or pains. I take no medications or vitamins. I am two years from my 80th birthday. My lungs don't give out when I work in my garden or at other chores around the house."

April, 2006 ACRES USA
Bill Munro can be contacted via email at land@landrights.com
or watch him in action on YouTube...
www.youtube.com/watch?v=aT1_Rkl0B1M

LIVER CANCER

"My sister-in-law's cat was a very butch, 'husky' male. Long hair, gorgeous. He suddenly lost half his weight and became very docile. My sister-in-law basically left him to die, but I had a soft spot for him, and took him to the vet: liver cancer. He's got six weeks at best. Surgery was possible, but it would cost $$$. My sister-in-law would never bother. I put hydrogen peroxide in his drinking water daily. He began to throw up daily, but kept gaining weight. His fur became thick again, one happy, fat kitty. I believe he was throwing up the cancer in a healing crisis. Whatever he was throwing up, it didn't look like his food, and it was nasty. This was six months ago. He's just well again."

Kelly from Vancouver, Canada (4-14-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

increase in volume lifts the soil and softens it so that roots and worms can more easily move through it.

HUMIDIFIER / FOGGER / MISTER

To disinfect and neutralize allergens from the air, add one pint 3% food grade hydrogen peroxide to each gallon of distilled water.

AUTHOR'S ADVICE:

Please read the testimonial on the previous page from Bill Munro. Breathing in hydrogen peroxide is the most direct method available to oxygenate the HEART! Try to visualize the anatomy of your lungs. Visualize hydrogen peroxide enriched air as it enters the alveoli in the lungs, travels into the vein that goes directly to the left side of your heart. With each heartbeat, the highest amount of oxygen possible will be powerfully pumped into your aorta and into the coronary arteries that feed your heart. I believe you should use this method as often as possible. In addition, simply get a humidifier and breathe hydrogen peroxide in your own home, 24/7!

KITCHEN

Spray countertops, garbage containers, dishwasher, refrigerator, cooktop, sink and pour down the drain and garbage disposal.

LAUNDRY

Spray washer, pour down washer drain, add to wash to whiten clothes. Be careful with brightly colored clothes.

LIME / SCALE DEPOSITS

Mineral deposits on shower heads, sink fixtures, etc. can be removed with hydrogen peroxide.
(Family Handyman, July/August 1988, page 96)

MARINADE

Place fish, chicken, beef, pork or other meat in a non-metallic casserole dish, and soak in 50/50 mix of distilled water and 3% food grade hydrogen peroxide.

Hydrogen peroxide has been used successfully to decontaminate broiler chickens by soaking them for ten minutes in 0.5%-1.0% concentrations of food grade hydrogen peroxide.
(**Poultry Science**, Issue 66, 1987, pages 1555-1557)

"*You can be sure that any chicken used in my home that is purchased from the supermarket first goes into a 3% peroxide solution!*"
(Walter Grotz)

SHOWER

Before you start spraying anti-mold/mildew products that contain chlorine into your shower, why not try hydrogen peroxide instead? When chlorine based products come into contact with organic compounds they form toxic and cancerous organochlorines (such as dioxin) that are not biodegradable and remain in the environment for long periods of time.

SKUNK

Mixed with baking soda and a small amount of hand soap, hydrogen peroxide is effective in removing skunk odor, any other kind of pet odor, or any other offensive odor.
(http://home.earthlink.net/~skunkremedy/home/)

SWIMMING POOL / HOT TUB

Subliminally, your body knows that the toxic chemicals in most swimming pools and hot tubs are to be avoided and so many people find that their facilities go unused despite the huge investment. These same people find that they actually use their hot tub and/or swimming pool more often than ever once they have switched to using hydrogen peroxide.

No respectable healing spa in the history of mankind has ever recommended that their patients should bathe in hot chlorine bleach for their health. The water found in most healing springs contains not chlorine (or bromine) but hydrogen peroxide (Lourdes). Most swimming pool "experts" would not make any money from you if they told you to use hydrogen peroxide instead of their expensive, toxic chemicals, so don't expect to get an honest and informed answer from your pool person! People who have learned the benefits of hydrogen peroxide recommend draining all of the toxic crap out our your pool, cleaning it thoroughly, refilling it and then "shocking" the new water with a higher concentration (875 parts per million, 0.0875%) of food grade hydrogen peroxide than you need for maintenance (30-100 parts per million 0.003-0.01%).

So far, I have been able to find one company that offers a hydrogen peroxide "Oxidizer" for use in swimming pools and hot tubs. According to its label, Baquacil's "Oxidizer" is 27% hydrogen peroxide and 73% distilled water. I have not yet been able to find out if it contains any preservatives or stabilizers. It is available at many pool supply stores, and just walking into one of those places immediately makes you want to never use chlorine in your pool ever again. I found a distributor within a ten minute drive of my home, and when I walked into their store, the "chemical" smell nearly made me vomit. I cannot believe that people can work in such an environment, and I cannot believe that people would actually swim in a pool or bathe in a hot tub that was filled with those chemicals, but... they did have the hydrogen peroxide that I wanted. The details of maintaining a swimming pool or hot tub are far beyond the scope of this book. Baquacil offers a guide to the use of their products. This is not necessarily an endorsement, but it will give you an idea of what is required to convert your pool or hot tub to a much healthier maintenance system.
(www.baquacil.com
www.archchemicals.com/Fed/BAQCIL/Docs/Baquacil_guide_web.pdf)

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

CORAL

"Some years ago I lived in the Torres Strait islands where the air is very salty and filled with microorganisms. Getting a nick or cut, particularly a coral cut, can lead to severe tropical ulcers on the skin. These ulcers can grow to the size of a dinner plate if left untreated. I used hydrogen peroxide on some small ulcers on my leg and they cleared up in no time."

Pauline from Cairns, Australia (6-8-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

MELANOMA

I started with melanoma in 2005 on my face. Had extensive surgery, but they could not get it all. In March, 2007 it had spread to my chest behind my heart. Had another extensive surgery to remove it. In August, 2007 I found out it had spread to my face/neck/and chest. Doctor told me that they couldn't operate. Did some internet research and read about hydrogen peroxide and how it puts oxygen back into your cells, rejuvenating them. Well, I decided to try it. I either take half a bottle and soak my feet in it with warm water or take a whole bottle and take a bath in it. Well, last PET scan in November there were no new growths and the ones from August were less intense. It is the peroxide, can't say for sure, but I won't stop it. Will try to keep you posted on my progress. What an easy cure this would be. Better than dying from metastasized malignant melanoma."

Pat from Newton, New Jersey (12-18-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

WARTS

"I've had warts on the bottom of my right foot for months. The doctor would freeze them off and I was given cream. They would always come back. One day in the bathroom, I was looking at them and said, 'What the heck.' I poured hydrogen peroxide over my foot. I didn't wash the peroxide - I let it dry on. The next morning they were gone and never returned. That was six years ago."

Ben from Portland, Oregon (1-25-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

VEGETABLE / FRUIT CLEANER

Add 4 ounces (one cup) of 3% food grade hydrogen peroxide to a sinkful of cold water. Soak light vegetables (lettuce) for 20 minutes and thick skinned vegetables (cucumber) for 30 minutes. If you don't have time to allow them to soak, spray them, let them stand for a few minutes. Rinse and allow to dry.

In 1997, studies performed at Virginia Polytechnic Institute by food scientist Susan Sumner showed that a simple procedure using hydrogen peroxide followed by vinegar (or vice-versa) killed all the microbes associated with contaminated red meat (including salmonella, shigella and E coli). In her studies, Sumner observed that vegetables tend to hold more microbes than meat due to their larger surface area and unusual shapes, and that the vegetables also tend to hold on to those microbes more tenaciously than meat.

Studies have also shown that merely dipping eggs twice in 6% hydrogen peroxide reduced the number of salmonella typhimurium by 95%.
(M. Padron, "Egg Dipping in Hydrogen Peroxide Solution to Eliminate Salmonella Typhimurium From Eggshell Membranes", **Avian Disease**, Jul-Sep, 1995, Volume 39, Number 3, pages 627-630)

WATER PURIFICATION

Today, over 2,000 municipalities around the world, including Montreal, Paris, Los Angeles and Moscow purify their drinking water using ozone, which bubbles up through the water and reacts with it to form hydrogen peroxide.

WINDOWS

3% hydrogen peroxide is great for streak free windows.

WARNING!

The following pages contain information that the FDA, the medical establishment and the pharmaceutical drug industry do NOT want you to know!

From this point forward, the FDA and the AMA absolutely do NOT "approve" of any of the information and/or opinions contained in this section.

How you can use 3% Food-Grade-Hydrogen-Peroxide to dramatically improve your health!

For the remainder of this section, my personal opinions and the details of my own personal use of 3% food grade hydrogen peroxide will be given. If you want to be as unhealthy as the government, the medical establishment and the pharmaceutical companies would like you to be, then only do what they tell you to do. If you want to be as healthy as me, then maybe you should consider doing what I do. The choices are clear. The choice is all yours.

Hydrogen peroxide is a **NUTRIENT** that is necessary to healthy functioning of the human body. You are grossly deficient in this important **NUTRIENT**. Technically, hydrogen peroxide is not a vitamin, because the human body can actually manufacture it from within but, since it is made by the body, it is classified as a food or food supplement, not a drug.

GO SLOW, BUT KEEP GOING...

"The most common cause of human death worldwide is waterborne disease. What we need to do is continuously put a harmless, weak solution of food grade hydrogen peroxide into all water before it is used for drinking. Doing this would eventually kill almost all waterborne [pathogens] inside and outside the body. What would happen to these anaerobic viruses and bacteria if they were to be completely surrounded, or flooded, with a very active, energetic and aggressive form of oxygen... slowly and harmlessly introduced into the body on a daily basis, over the course of a few months? What if we eventually evenly saturated all the bodily fluids and cells with it? Wouldn't the disease causing microbes that can't live in oxygen cease to exist?"
(Ed McCabe, **Flood Your Body With Oxygen**, 2003, ISBN 0-9620527-2-8)

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

COLD SORES

"F.M. of Illinois writes: I experienced the outbreak of a coldsore (a form of herpes) on my upper lip. These occur two or three times a year to me and always on my upper lip. I'm so used to them, I can predict their development and ultimate disappearance very accurately. This particular episode involved three separate sores located very close together with some swelling of the lip. I knew that I could expect to wait a minimum of ten days for these sores to heal. I decided to try hydrogen peroxide. I was amazed at the results. Three applications of peroxide saturated gauze over a three day period and all that was left was for the scabbed sores to fully heal. The fact is that the first treatment, I believe, was all that was really necessary, as the scabs were formed in the morning of the day after the first treatment. I zapped it again twice because I could not believe that these nagging cold sores could be disposed of so easily. Suffice it to say that within five days of the first application of hydrogen peroxide, the sores were non-existant."

ECHO Newsletter, Volume IV, Number VI, Winter 1992-1993

HEART DISEASE

"Speaking of hardening of the arteries, there is a man north of Minneapolis, Minnesota that had a stroke in July of '84. The doctors opened up some arteries that were 100% and 90% plugged. They put him on some medicine and said, 'Get your house in order.' He was sleeping 19 hours a day, in fact, his wife said, 'Why don't you just die and relieve us of the grief?' So he said hw would do anything. I referred him to a man not far from him who told him what hydrogen peroxide did for him. He told him to do it properly and he would have him back to work in two months. He actually went back to work in 70 days. Then in October his daughter got married and he redecorated the house. He had already sold his business and a lot of his personal property. Those who attended the wedding said he never missed a dance or the opportunity to kiss the young girls. Here is what the man did: he took 55 drops of 35% hydrogen peroxide solution three times per day. He made himself a colonic board and gave himself colonics with hydrogen peroxide solution. He believes in hydrogen peroxide. He went back to the doctor and told him he thought he now had circulation again. The doctor said, 'It can't be. It never happened before. The doctor put his hand on his arteries and said, 'I can feel a pulse, but that may be false.' So he took an X-ray and found that the blood had channeled through. The doctor said, 'Come on and tell me what you are doing.' He said, 'I am drinking hydrogen peroxide.' The doctor said that that will eat up his liver. The man asked the doctor if water and oxygen could eat up his liver. 'No, it's that stuff they put in it.' 'What stuff?' 'You know that stuff.' 'But I drink food grade. The doctor went away for a minute and got a tape recorder and another doctor and asked him to repeat what he had been doing. Well he went back to that doctor August, 1986 and the doctor gave him a physical like he had never received a physical before and said that he was as physically fit as a 22 year old. The man asked him to take him off of disability. The doctor told him he didn't know how...

It turned out that the doctor had received a $120,000 grant and planned to use the money to study the man's health situation. "

Walter Grotz

"I started by ingesting diluted food grade hydrogen peroxide in juice two or three times a day. I did this for four months. The first thing that happened was that my intestines emptied accumulated waste matter heavily for three days. My body finally had enough oxygen in it to clean itself out. Then I came down with a fever for two weeks. The individual body cells began to be oxygenated, dumping out their own accumulated toxins. My metabolic rate increased to the point of fever, to burn up these toxins for elimination. Then the extra oxygen released into my bloodstream started to bubble out of the blood in the air-blood exchange area of my lung's bronchial sacs. This happened underneath the coatings of accumulated toxins left over from my many bouts of childhood bronchitis. The layers loosened, and, as they broke up, I expelled them. I started coughing and expectorating. This lasted for about two months. I believe the reactions were all beneficial because I have not been sick since. The process of flooding the body with oxygen is a gradual one of slowly increasing the applications and dosages. Your body, at some point, gets so much oxygen in it that it can finally heal itself of many things. If you rush it, you're just going to stir up more garbage [than your detoxification systems will be able to process], feel worse and compound the possible cleansing reactions like diarrhea, cramping, swelling, bloating or rashes that come from going too fast by giving too much at first. At the very start of any uncomfortable cleansing reactions, cut the dosage in half, and stay there till the reactions stop, and continue up again. I've talked to people who made the mistake of going against sound advice and stopping the treatment abruptly. They didn't detoxify properly. They didn't stay with it long enough and they stirred up all their inner garbage, but when they just stopped, the stirred up solution of old toxic sludge all settled into different organs and gave rise to new symptoms."
(Ed McCabe, **Oxygen Therapies**, ISBN 0-9620527-0-1)

"There are a couple of caveats, and maybe you should all wake up now, just for a moment, if you're going to drink hydrogen peroxide. Drink it on an empty stomach. Allow as little reactivity as you can in the stomach so as much can be absorbed as possible. If you have a lot of food in there, the bacteria in that food is going to react with the hydrogen peroxide. You're going to have foaming and the possibility is you're going to vomit. Then you're going to say how can you possibly get me to drink something that causes me to vomit? That's the first thing that happened to me when I went down, full of fire, to try hydrogen peroxide on my sick patients at the hospital. I had sick patients who were vomiting all over the place and threatening mutiny and telling me, if I ever came close to them with another drink of hydrogen peroxide, I'd get a swift kick you know where!"
(Dr. Kurt Donsbach, D.C., N.D., Ph.D.)

Think about what happens when someone begins a cleansing diet. When one stops eating lousy food with the desire to begin cleaning out years of accumulated toxins, the detoxifying experience that commences may cause one to feel uncomfortable and give up. This cleansing reaction is due to obstructions being dissolved and dislodged. Whatever sticky, gross, disgusting mucous, pus, drugs, toxins, undigested food and more are in your system must first leave your cells, travel through the lymphatic system back into the blood stream and out through your liver and digestive tract, or through your kidneys and urinary tract or directly out through your skin. While this waste is moving through the body, you may feel lousy. If your cleansing systems get overloaded and begin to overflow, you are in for what is known as a...

CLEANSING REACTION / HEALING CRISIS

When pathogenic organisms are destroyed by your immune system (using hydrogen peroxide), the compounds that spill out of their dead carcasses flood your bodily tissues. Yecchh! In its attempt to discard these toxins, your body has numerous choices. Skin eruptions (acne, boils, hives, sores, ulcers), nausea and vomiting, diarrhea, runny nose, tearing of the eyes, sweating, sneezing, coughing, urination, menstruation and probably many more methods are all ways that your body gets rid of garbage. One woman reported experiencing a sudden, severe nose bleed with the elimination of two large blood clots from her right nostril. She can now breathe through her nose for the first time in years. Another person had bleeding from the mouth when he spit up huge amounts of mucous. Another had rectal bleeding as his hemorrhoids decreased. Another man reported green slime oozing out of his skin.

If the load of toxic junk that you have stored in your body is dredged up too quickly, your body may not be able to excrete it as fast as needed. When this happens, you will probably feel lousy. You will think that you are sick. If you are like most people, you will say something stupid like "I'm allergic to hydrogen peroxide" or "That hydrogen peroxide made me sick." In my experience, people always seem to misinterpret their own natural bodily functions. A cough is not bad, a cough is merely how your lungs expel something that doesn't belong there. A sneeze is how your sinuses do the same thing. Diarrhea is how your colon quickly gets rid of a lot of garbage. A pimple is how your skin removes toxic junk. **These actions are NOT symptoms of disease. They are methods of cleansing.** You need to learn to embrace these functions and encourage them because this is how your body cleans itself. These uncomfortable events are the price that is necessary to remove the toxins that block the recovery of your precious health. Don't be misled by fear. Cleansing reactions are good! Be grateful when they occur, for you have found the solution. If you can't handle the intensity, I understand. Just slow down. Take it easy. But do continue.

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

SNORING

"I have been using Nasonex (a prescription nasal spray) for the past ten years or so, based on the recommendation of a family doctor to alleviate my snoring. After viewing a recent e-mail that listed the many benefits of hydrogen peroxide, I filled an empty Nasonex pump and have given myself the hydrogen peroxide for the last three nights. I converted a used (empty) Nasonex pump and used it for a single shot into each nostril. Don't be surprised if the user sneezes several times after each application. My wife reports no snoring. Short test, but promising."

Robert from Lebanon, Ohio (6-15-2006)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

THROAT CANCER

"I just called my uncle to tell him about hydrogen peroxide (who has throat cancer, though it's in remission) and I got all excited about it. I had read here that it had cured some people's cancers, etc., and he just laughed, then said, 'Tara, that's why my cancer is in remission!' He said he had stumbled upon this treatment accidently, when twenty years ago he swallowed some hydrogen peroxide (not on purpose) while brushing his teeth one day. Then he said, 'It just made me feel better, so I continued to do it.' Since then, he's been drinking one 16 ounce glass of water with a little hydrogen peroxide every day for the last twenty years. He said even though he still has a tumor, it hasn't changed since he started this treatment, and like he said, he's still alive. The doctor's are 'baffled', because they think he should have died a long time ago. After reading about this therapy, then talking to my uncle, a lot more lives could be saved if we dropped the propaganda and started having open discussions about human health, irrelevant of money and power."

Tara from Los Angeles, California (5-31-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

ASTHMA / EMPHYSEMA

"J.M. from Arizona writes that he suffered with asthma and emphysema for several years and was always under medication. He was introduced to 35% food grade hydrogen peroxide after being released from the hospital as an emergency asthma case. He started taking three drops three times a day and followed through to 25 drops three times a day. He is now on 15 drops per week. 'I'm going on my fourth month and I must say, it's a new life for me. I'm feeling so good I just had to write and thank you.' He wrote again later to say he is very happy with his program, over six months now and he hasn't had to take any kind of medication."

ECHO Newsletter, Volume II, Number III, Winter 1987

BEVERAGES

The Federal Code of Regulations states that hydrogen peroxide is Generally Recognized As Safe (GRAS) for use as an anti-microbial agent for use in milk in the making of cheese at a concentration of 0.05% (500 parts per million). The Code of Federal Regulations recognizes that hydrogen peroxide is safe to put in milk at a concentration of 0.05%. It does NOT specifically mention putting hydrogen peroxide into other beverages and foods but, come on! **DO IT!!!!!**

If the beverage that you mix food grade hydrogen peroxide into contains the enzyme catalase, then it may foam up, overflow its container and make quite a mess. I recommend that you mix it on a waterproof countertop and give it time to foam up. Leave any lid on loosely so that any buildup of gas pressure will not cause the container to burst. If a large amount of foaming occurs, the potency of the hydrogen peroxide will be reduced. It is far more comfortable to have this release of oxygen occur on your countertop, rather than in your belly! Once the foaming has stopped, and the bubbling has settled down, feel free to drink your beverage. It will not contain as much hydrogen peroxide, but it clearly contains the enzyme catalase and a lot of oxygen. Ideally, any and all consumption of any hydrogen peroxide should only be done on a completely empty stomach. NEVER mix hydrogen peroxide with any food, nutritional supplement or medication. Excessive consumption, or consuming hydrogen peroxide with other substances may cause a bloated feeling in the stomach. Always consume any diluted food grade hydrogen peroxide on a completely empty stomach at least three hours after or one hour before any meal.

AUTHOR'S ADVICE:

I also strongly recommend that you put four tablespoons (two ounces) of 3% food grade hydrogen peroxide into every gallon of DISTILLED drinking water that you consume. This is absolutely the easiest way to get additional hydrogen peroxide into your system in a very economical way. Since hydrogen peroxide can react with any dissolved minerals found in tap, spring, bottled or any type of water other than pure, DISTILLED water, you really should only use DISTILLED water. If you want to be cautious, start with a lower concentration in order to test your own personal tolerance level. Hydrogen peroxide does have a unique flavor and it may alter the taste of the beverage into which you mix it, so use your best judgement. I have successfully used natural lemon, orange, peppermint and vanilla extract to improve the flavor of my water. Try It!

ICE CUBES

Simply use the hydrogen peroxide infused water that you would drink (500ppm) into your ice cube trays and use them exactly as you would use any other ice cube.

BATH

The skin is the largest organ in your body. It is an excretory organ, but too many people (YOU!) are constantly adding soap residues, lotions, cologne, makeup, moisturizers, etc. to their skin. These compounds block pores and prevent elimination from sebaceous (oil) glands, from sweat glands and hair follicles. Hydrogen peroxide can oxidize and help to loosen and remove the built up deposits that block these pores, which enables them to better perform their excretory functions.

On the other hand, skin is also an organ of assimilation. A typical 200 pound man can absorb up to four pounds of water during a twenty minute bath. Numerous medications are available in "patch" forms, which clearly indicates that even the medical profession recognizes that your skin absorbs whatever you place on it directly into your bloodstream. Why not absorb some food grade hydrogen peroxide while you sit in your hot tub?

Your First Bath: Scrub your bathtub well with a cleaner that is non-toxic. Rinse your bathtub to remove absolutely all residue of the cleaner that you just used. Be very thorough. Fill your bathtub with warm water. Add NOTHING to the water except for 3% food grade hydrogen peroxide. Add one quart of 3% food grade hydrogen peroxide to the tub after it is filled with water. Jump in and soak for as long as you wish. You might want to put a shower cap on your head because it may lighten your hair a very, very, very little bit. (It's nowhere near as strong as a hair stylist's peroxide bleach product). Use a skin brush, loofa or other material to help exfoliate your dead skin. If you feel any irritation, simply get out of the bath, towel off and be done with your first bath. If you put one quart of 3% hydrogen peroxide into a bathtub that holds 30 gallons of water, the result is a tub filled with 0.025% hydrogen peroxide, which is one half of the concentration that is Generally Recognized As Safe to drink! This is very, very, very mild.

Subsequent Baths: Increase the amount of 3% food grade hydrogen peroxide that you use. Use two quarts. Use a gallon. The choice is yours. It is a free country and you can do what you feel is appropriate in the comfort and privacy of your own bathtub. Ease your way up in terms of concentration. A general rule of thumb is to take such a bath every other day but, again, it is always up to you. Do whatever YOU feel will be fine for you. Take it slow. Be cautious, but be brave also.

Many individuals have reported improved energy levels and improved overall wellness. Some people have observed absolutely ungodly colored fluids bubbling out of their skin into the bath water (green sludge from their pores!) To my knowledge, no one has ever died because they put 3% food grade hydrogen peroxide into their bath in any amount.

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

EAR INFECTION

“My fourteen month old son has constantly been sick and had ear infections. We kept going to the doctor and they just kept putting him on antibiotics. It turns out that the infection never healed, causing the area behind his ear to become swollen. We went to the emergency room and they just gave him another round of antibiotics. Three days later we went back to his pediatrician and they put him on steroids for the swelling because they said it was lymph nodes. Two weeks later his ear was still swollen, red and very tender to the touch. The poor baby was just miserable so we made another appointment to go back to the pediatrician. Since we use hydrogen peroxide for cleaning out infections and getting rid of ear wax, I put some in his ear that night, let it sit for five minutes and then drained it. The next morning the swelling was down by half but it was still noticably swollen. We had his pediatrician appointment that day, so we went and they referred us to a hearing specialist. As soon as that doctor walked in the room he said he was going to have to schedule my son for surgery to put tubes in his ear. After talking for a while I told the doctor that the ear was actually getting better (I left out the hydrogen peroxide part). He gave me the option to do another round of antibiotics and see what happens but, if it got worse, then I had to bring him in for surgery. I did a total of five treatments of hydrogen peroxide in his ear. I did it right before bed and when he woke up in the morning his ear was less tender and swollen. This morning when he woke up, his ear was completely back to normal. I can’t believe it! My baby is happy and doesn’t need tubes put into his ears anymore. Thank you God for giving us hydrogen peroxide.”

Sarah from Battle Creek Michigan (4-18-2008)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

FUNGUS

“J.M. sends the following testimonial: I returned from Vietnam April 16, 1969 with a fungus on my right foot. I thought to myself, ‘What the ----, it will go away.’ It did not. On May 15, 1990, a good friend mixed hydrogen peroxide and hot water and told me to soak my feet for one hour. As a matter of fact, he sat with me for the first soaking! It was an amazing hour to watch my feet and the million bubbles plus the coloring of the water. Almost grotesque!! I continued to soak for one hour a day and since that first six weeks I eased off to every other day to twice a week. My feet look ‘normal’ with white toe nails, a ‘quick’ on all nails, no more cracking, no more bleeding and that infernal itch is gone. I consider my feet 99% cured and if only I had been aware of hydrogen peroxide 21 years ago, all of the wrapping, soakings, doctors, missed work, discomfort, untold dollars and hours of pain would have been avoided. I would strongly recommend this same simple inexpensive solution to any person with some type of skin problem on his or her foot. It works.”

ECHO Newsletter, Volume III, Number VI, Winter 1990-1991

"I would like to encourage you to try a bath in this oxygen-rich substance. It invigorates. It stimulates your mind. It reduces stiffness and soreness like no other treatment. We give all our patients a whirlpool bath with the equivalent of one gallon of the 3% food grade hydrogen peroxide every other day. Do this early in the day because it can be very invigorating and you won't want to go to bed right afterward"
(Kurt W. Donsbach, D.C., N.D., Ph.D., **Oxygen, Oxygen, Oxygen**, 1995, ISBN 1-56959-579-8)

AUTHOR'S ADVICE:

I have found that concentrated hydrogen peroxide that is available in pool supply outlets is the most cost efficient way to add hydrogen peroxide to your bath. If it's good enough to put into your swimming pool or hot tub, then it's also good enough to put into your bathtub for a soak! Baquacil's "Oxidizer" is the only product that I have so far been able to locate. Its package states that it is 27% hydrogen peroxide. Four ounces of 27% in a 30 gallon bathtub would result in a 0.028% concentration of hydrogen peroxide. Put more if you wish. Be very careful with 27% peroxide. It is extremely caustic.

COLONIC *AUTHOR'S ADVICE:*

NEVER use hydrogen peroxide in colonic treatment. It is NOT necessary. The best tactic is to do a standard colonic treatment as defined by a practitioner that you are comfortable and familiar with, and then follow it with a retention enema (see below) using hydrogen peroxide if you wish.

EAR WASH

Feel free to tilt your head on its side and drip a few drops of 3% food grade hydrogen peroxide into your ear as often as you like. Leave it in for a few minutes and then carefully place a tissue over your ear to prevent any drips, sit up and let it drain back out. It will certainly disinfect your outer ear and help to eliminate wax buildup. I have personally witnessed quite a lot of misunderstanding involving ear "problems". Please remember that you have an eardrum. A healthy eardrum does not let fluid pass through it in any appreciable amount. Most people's "ear problems" are actually located in the eustachian tube which runs from the area behind your eardrum to the back of your throat (pretty much right behind your nose). Treating ear "problems" really requires you to treat the eustachian tube, which is pretty damn near impossible. The best alternative is to treat the sinus, throat and mouth area to the best of your abilities.
"Most cases of ear wax blockage can be treated at home. Drops such as hydrogen peroxide may aid in the removal of wax."
(www.nlm.nih.gov/medlineplus/ency/article/000979.htm)

FOOT ODOR

Spray feet and shoes to relieve foot odors.
(www.youtube.com/watch?v=Qq6yUcowSMA)

FOOT SOAK

Most people's feet are relatively tough and calloused, so many people feel comfortable soaking their feet directly in 3% food grade hydrogen peroxide. Again, as always, it is advisable to start with a weaker concentration, gauge your sensitivity and adjust your own treatment level to fit your own observations. More is not necessarily better. Remember, 30 parts per million is strong enough to disinfect a swimming pool or hot tub. That is 0.003%.

AUTHOR'S ADVICE:

My personal recommendation is to go to your local hardware store and purchase a five gallon plastic bucket/pail with a tight fitting, waterproof lid. Then go to your grocery store and purchase at least three gallons of distilled water. Come home, place a thick beach towel on the floor in front of your most comfortable chair, place the plastic pail on top of the towel, pour three gallons of distilled water into the bucket and then add one quart of 3% food grade hydrogen peroxide. Stick your foot in the bucket, sit down, and read a book, watch TV, play a video game or do whatever you want while you soak your foot. I personally like to soak only one foot at a time.

Feel free to physically manipulate your feet while they are soaking. Use a non-metallic fingernail file to clean under your toenails and around your cuticles while they are under water in order to get more hydrogen peroxide under your nails. Use a loofa or other mild abrasive to help loosen dead skin cells. Use a pumice or other device to remove a portion of any callouses, corns, etc. Massage your feet, wiggle your toes and scratch your skin to get as much blood flowing as possible. When you've had enough, dry off your feet, put the lid on the bucket and store it someplace cool for the next night. You can most certainly reuse the foot soak water. Add more water or more hydrogen peroxide as needed. After numerous soaks, use your best judgement as to when you should dump it all out and start with a fresh mixture. The used water is great for potted plants or for your garden or yard.

DEODORANT

Since most underarm odors are actually caused by bacteria that live there, simply soak a cotton ball in 3% food grade hydrogen peroxide and wipe your underarms on a regular basis to control odor by killing the bacteria that cause it.

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

TOOTHACHE

"Hydrogen peroxide has cured my toothache. I had a nasty cavity that was causing a lot of pain. I couldn't chew or put any pressure on my teeth on the left hand side. I read about the amazing cures with hydrogen peroxide and decided to try it. I took a shot glass and diluted it 50/50. From the very first time I swished the rinse to the present, it has worked like magic! Not only has my toothache gone away, but my gums look and feel so much better."

Julie S. from Ft. Lauderdale, Florida (5-2-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

RINGWORM

"At first sight of ringworm, I used hydrogen peroxide on a cotton ball, placed it on the ringworm, taped down with a band-aid. By morning it was completely gone."

Yolanda from Tampa, Florida (9-12-2006)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

COMMON COLD / NASAL SNIFF

"I have been using the following method to treat all colds for the past fifteen years and since first trying it, use nothing else to treat colds. I use the cap from the peroxide bottle and put 1/4 cap of peroxide and the rest of the cap is filled with water. I put a finger over one nostril and sniff the mixture up the other nostril. I repeat this with the other nostril. One capful will usually treat both nostrils. When the solution drains down the nostril passage to the throat I spit it out and blow my nose. Guess what? Instant relief, then and there, not ten minutes later. When you blow your nose you will be amazed at what comes out. This is especially great for head colds, but also sore throat and coughing colds as well. I usually only have to do this twice at about eight hour intervals. After that, or by the next morning, we're talking... 'What cold?' I sniff rather than spray the mixture as I found that spraying does not atomize and coat the entire nostril passage as well as when the mixture is sniffed. Try it and you will also be amazed."

Grant Greene from Lafayette, Colorado (4-21-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

DOUCHE

Even though studies have used 3% food grade hydrogen peroxide straight from the bottle, six tablespoons of 3% food grade hydrogen peroxide per quart of distilled water is commonly recommended as a starting dosage. Again, as always, it is advisable to start with a weaker concentration, gauge your sensitivity and adjust your own treatment level to fit your own observations. More is not necessarily better.

NASAL SPRAY/WASH

3% food grade hydrogen peroxide is a bit harsh on the delicate membranes found in the sinuses.
"In order to preserve hydrogen peroxide it must be slightly acidic; on this account a disagreeable irritation and smarting may be caused by its use on mucous membranes. This can be avoided by mixing it fresh at the time it is to be used with equal parts lime water, or spraying with lime water first. [baking soda also works]."
(Warren Brown, M.D., "Peroxide of Hydrogen", **The Medical Sentinel**, February, 1896)

The very first article regarding hydrogen peroxide appeared in The Journal of the American Medical Association (I. N. Love, "Peroxide of Hydrogen as a Remedial Agent," **The Journal of the American Medical Association**, March 3, 1888, pages 262-265). The patient was a 4 year old boy, and the doctor scrubbed his sinuses, mouth and throat with a sponge on the end of a stick after having soaked the sponge in straight 3% hydrogen peroxide. Dr. Love also used 1.5% peroxide in a syringe to wash out the mouth, throat and sinuses. If a 4 year old boy with scarlet fever and diptheria could handle it...?

NASAL SNIFF

I can't describe it any better than the testimonial to the left.

RETENTION ENEMA

Now we are getting into territory where knowledge and experience is needed. If you have never given yourself an enema, DON'T start with a hydrogen peroxide enema! Practice a few times with a plain water enema. Get the hang of it. Understand the process. Immediately prior to performing a retention enema using hydrogen peroxide, you should always do a regular enema in order to clean out the area. Do a couple. Do it a dozen times.

The concept behind a retention enema is different than a regular enema. The purpose of a regular enema is to clean out your lower colon and rectum. The purpose of a retention enema is to hold a fluid in your rectum for a period of time so that it will provide a treatment to the tissues of the colon and so that some of it will be absorbed into your bloodstream. The inner surface of the colon contains a vast array of capillaries that can actively absorb fluid from the colon. This area is probably the most efficient place to introduce any water soluble compound into the body.

The proper way to use hydrogen peroxide in the colon is to first perform a regular enema (or a series of them) in order to ensure that the inside of the colon and rectum are as squeaky clean as they can be. THEN and only then, should a diluted mixture of hydrogen peroxide and distilled water be allowed entry into the rectum via the enema. Let me put this in very plain English. There is no reason to use hydrogen peroxide to disinfect the fecal matter in your rectum and colon. This is a waste of time, effort and money. As much as possible, you should endeavour to flush such waste out of your system with pure water first. Again, if 500 parts per million is considered safe and effective, this is the amount to consider for use in a retention enema AFTER you have cleaned the bowels with regular enemas. Start with a very small amount of fluid so as not to put too much pressure on the inside of the rectum and colon. One pint is a reasonable place to begin. To prepare a pint of diluted hydrogen peroxide (500ppm), you need one-eighth as much hydrogen peroxide as you would need to make a gallon. One half of a tablespoon of 3% food grade hydrogen peroxide added to one pint of distilled water will result in a dilute mixture that is 500 parts per million (0.05%) hydrogen peroxide. Feel free to start with less fluid or a lower concentration.

SMALL SKIN SOAK

Take a small lid from a used water bottle, fill it with 3% food grade hydrogen peroxide and carefully place it over any small area of skin that you want to treat. Hold it firmly for as long as you wish and let the hydrogen peroxide soak into the skin. If you notice any tingling at all, stop immediately, remove the lid and flush with lots of water.

PETS

In humans, all body tissues and fluids contain an abundance of the enzyme catalase which limits the level of hydrogen peroxide by converting it to water and oxygen. This is NOT the case in dogs, chickens and other animals. When compared to humans, laboratory rats have about 25% the amount of catalase, dogs have 11% and chickens only have 0.7%.
(A.L. Lorincz, J.J. Jacoby, H.M. Livingstone, "Studies on the Parenteral Administration of Hydrogen Peroxide", **Anesthesiology**, 9, page 162)

PLEASE, PLEASE, be careful when using hydrogen peroxide with your pets! Many people have reported benefits for their pets when using hydrogen peroxide, but keep remembering that animals and humans are very different.

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05% (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

BAD BREATH

"My boyfriend started using psyllium a few weeks ago to clease his intestinal tract. He felt great but, my God, his breath became so foul! After a few days of being polite, I finally figured that I needed to say something and help him find a cure. I figured it had to have been caused by a change in his intestinal flora from the psyllium. The change must have caused severe candida overgrowth. His tongue was coated in white -- a sure sign. This is going to sound gross, but I made him open his mouth to detect whether the stench was coming from his breath, or from his teeth. I have a particularly good smell and pinpointed that the smell was coming from the upper right side of his mouth. Well, after that, I had him soak his mouth in straight hydrogen peroxide for about three minutes. Once it foamed up, I had him do it again. That was the cure! No more bad breath! The peroxide did make his tongue sensitive for a few days so I would suggest to anyone trying this that they dilute the peroxide in water. I read on the internet that it can take up to three weeks to cure bad breath. Well, this took a few minutes with the peroxide."

Sharon from New York City (12-15-05)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

INGROWN HAIR

"After using Nair hair remover on my bikini area, I developed a huge disgusting 'razor' bump in a very embarrassing place. I immediately went online to find out how to get rid of it and all sites said 'Leave it alone. The ingrown hair will eventually force its way out.' So I did. And two days later it was even bigger and I could see that it was infected (was like a big pus bubble. Yes - GROSS). So, since I use hydrogen peroxide on everything else that ails me, I said why not. I soaked a cotton ball in hydrogen peroxide and used a band-aid to secure it in that spot overnight. By morning that bump had shrunk to at least 3/4 of its original size and all that infection was out of it. I love hydrogen peroxide."

Khalisa from Memphis, Tennessee (10-4-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

ENERGY ISSUES

"Hydrogen peroxide cured sluggishness, lack of energy and a general constant ill feeling. I started taking diluted food grade hydrogen peroxide about a month or six weeks ago and the change is amazing. I have energy. I do not spend hours and hours and hours on the sofa. I actually do stuff. I feel so much better in general. I definitely feel as if I can breathe. I don't feel 100%, but gosh, I sure feel better and I finally feel it's possible to eventually feel 100%."

Jules from Palm Springs, California (2-15-2006)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

AGRICULTURAL USES

Hydrogen peroxide is being used in various ways to increase the growth rate and productivity of plants. Mushroom farmers find hydrogen peroxide a cheap and efficient way to promote mushroom growth and protect mushrooms from harmful spores.

Farmguard Products of Minnesota reports that non-bearing fruit trees are able to produce fruit when given water containing hydrogen peroxide. Non-productive rice paddies in Japan were able to bear crops after being irrigated with water mixed with hydrogen peroxide. Hydrogen peroxide is also used by farmers to make an effective nonpolluting insecticide in the field and can be used by home garden enthusiasts as a spray for home and garden plants. (**"Hydrogen Peroxide Uses in Agriculture"**, Glencoe, Minnesota, Farmguard Products)

As an inexpensive way for farmers to purify drinking water, hydrogen peroxide can be added to drinking water for farm animals. In addition to serving as a catalyst for promoting oxygenation of the blood and killing harmful viruses and bacteria, hydrogen peroxide added to drinking water helps to eliminate worms and other parasites from the intestines. Food grade hydrogen peroxide is also used to rinse milk cans and bulk tanks to destroy bacteria and other pathogens. It is diluted with water and used as a spray to clean barn walls and floors. Hydrogen peroxide mixtures are used to clean wounds and wash the udders of cows, which results in a lower bacteria count in their milk.

When given to dairy cows, it can increase both the milk production and its butterfat content. One farmer relates his experience with hydrogen peroxide:
"In 1990, I was administering hydrogen peroxide to a dairy herd, at 30ppm, added to their drinking water. All the water on the farm was treated, so it was also in the cleanup water, etc. The cows became extremely healthy. Bacteria counts dropped and butterfat went up. Those two criteria convert immediately to money for the farmer. He is paid more for his milk the very next pickup. So, I started taking it myself." (Letter from Randall Prue to Oxytherapy.com, March 15, 1996)

Probably the most famous use of hydrogen peroxide on animals involved "The Birdman of Alcatraz". Robert Stroud, while in the penitentiary serving a life sentence, cared for many wild songbirds. One of his most basic treatments was to add a 0.75% concentration of hydrogen peroxide to their drinking water. He summarized his knowledge in a book that was entitled "A Digest on the Diseases of Birds" which was the inspiration for the movie "Birdman of Alcatraz" which was released in 1961 and starred Burt Lancaster. Buy the book. Watch the movie.

OTHER USES

The list really is endless. You can certainly try hydrogen peroxide for any purpose. Here are just a few more...

Cleaning grout between ceramic tile
Removing ink, perspiration, and rust stains
Oven cleaner, Disinfect cutting boards
Soak your toothbrushes between uses

FAQ

(Q) What causes hydrogen peroxide to foam up?

(A) There is an enzyme in human skin called catalase that rapidly converts hydrogen peroxide into water and gaseous oxygen. ($2H_2O_2 > 2H_2O + O_2$) When hydrogen peroxide comes into contact with skin, the catalase in the skin produces oxygen which forms the bubbles that you see. These bubbles do NOT disinfect your skin! It is the action of invisible hydroxyl radicals that are also formed that actually kills bacteria, viruses, fungus, mold, yeast and parasites. Large amounts of bubbling only means that the concentration being used is probably too high.

(Q) Are there any side effects?

(A) A noticeable effect of overconsumption is a sense of stomach bloating or gas. As with any emergency, accident or overdose involving hydrogen peroxide, the solution is to drink large amounts of water in order to dilute the hydrogen peroxide. Diarrhea and the passing of worms in the bowel movements are a the most commonly reported "side effect" of ingesting hydrogen peroxide. Sounds like a benefit to me. The catalase enzyme is also found in cells that line the stomach and intestine. It is designed to reduce levels of hydrogen peroxide that are simply too high. If you are sensing gas and bloating in your digestive system, you are simply consuming amounts of hydrogen peroxide that are too concentrated.

(Q) Is the oral consumption of hydrogen peroxide FDA approved?

(A) No. Then again, the oral consumption of regular water and the breathing of oxygen are not FDA "approved" either. When we need government "approval" to obtain and ingest the most vital necessities of life, it's either time to throw in the towel or it's time for another revolution.

FAKE OXYGEN PRODUCTS

There are endless scams on the internet offering "oxygen" pills, capsules or pills that claim they are superior to hydrogen peroxide. ***The benefits of hydrogen peroxide are not simply due to the fact that it contains oxygen***. Get that idea out of your head. It simply doesn't work that way.

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

CANCER

"In 1975, due to ulcers, the doctors removed one half of my stomach and my gall bladder. In 1979, arthritis appeared in my spine and joints. In August of 1989, my left leg was amputated as a result of my doctor telling me for months that the excruciating pain in my lower left leg was due to shin splints. By then, I was walking with crutches as I couldn't bear weight on my left foot. I obtained a second opinion and the doctor referred me immediately to the hospital for a set of x-rays. The x-rays showed a tumor on my shinbone that had eaten its way through the bone and spread into my foot and over the knee. I had a rapidly spreading cancer working its way to my back and other parts of my body. My doctors recommended that I undergo a series of chemotherapy treatments. The first series left me violently ill, resulting in double pneumonia, loss of hair, loss of appetite, muscle spasms, diarrhea and overall weakness. At this time, around Thanksgiving, I learned about hydrogen peroxide. I then refused to undergo any additional chemotherapy. A friend of mine had been taking hydrogen peroxide after being sent home from the hospital with 'farmer's lung' and asthma. The doctors claimed there was nothing they could do for her. She began taking 75 drops (of 35% hydrogen peroxide) daily and within two months returned to normal health. I decided to try taking 100 drops (of 35% hydrogen peroxide) per day, due to my multiple medical problems and suffered no side-effects. Within two weeks I noticed that there was a great improvement throughout my body. The first week in January, 1990, I returned to the hospital for a checkup to see where I stood medically with the cancer. A cat scan revealed that the arthritis which I previously had in my spinal column had disappeared. There was no indication of cancer. A blood test revealed that there were no cancer cells in my bloodstream. The doctors still recommended that I continue chemotherapy treatments. I refused but agreed to have my blood tested on a three month basis. To this date, there still has been no indication of cancer reappearing."

ECHO Newsletter, Volume IV, Number IV, Spring 1992

SKIN

"I read a book about hydrogen peroxide and started using it for cleaning out my mouth and brushing my teeth. I put on a white shirt and discovered it had blood stains on it from working out in the yard. The stains were really set since I had washed the shirt. Being too lazy to change shirts, I soaked the spot with straight hydrogen peroxide while still wearing the shirt. The stain was very set but getting a little lighter, so I kept soaking it over and over until the stain was pretty much gone. It seemed like the skin under this soaked shirt was getting softer and lighter. Now about ten days later, you can still see on my skin where the hydrogen peroxide had been soaking it. There's a line across my arm... on the one side, my aging sun and weather damaged skin with age spots... on the other side, lighter, more supple, soft skin (almost like a baby's skin), with the age spots definitely lighter in color too."

Jean from Franklin, Wisconsin (4-18-2008)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

Hydrogen peroxide is important to human metabolism because it is hydrogen peroxide. You cannot expect a completely different chemical compound to perform the same functions as hydrogen peroxide. If you look at the ingredient list, you will find ingredients such as magnesium peroxide, sodium chlorite, or various make believe words such as "stabilized oxygen" or "anaerocidal oxygen" or "stabilized electrolytes of oxygen" which can never provide the benefits that can be provided by food grade hydrogen peroxide.

Hydrogen peroxide is a very simple molecule that is produced purposefully by nearly every cell in the body. It is involved in protein, carbohydrate and fat metabolism, immunity, and any other system you might wish to explore. There are a number of commercial products that claim to contain more oxygen than hydrogen peroxide and they would love for you to interpret this as meaning that their product can somehow have more biological activity than hydrogen peroxide. "Oxygenation" is not a credible basis for the promotion of these products. Manufacturers of products which claim to have the same effect as hydrogen peroxide may not have a good understanding of the many biochemical roles of hydrogen peroxide in the body. Cancer and many other degenerative diseases are thought to be the results of poor cellular oxidative processes, not merely low oxygen levels! People with anemia or severe lung disease often suffer from severe oxygen deficits, but are not more likely to have cancer. The problem is not the delivery of oxygen to the cells, but the cells' faltering ability to properly utilize and control that oxygen. Hydrogen peroxide dramatically boosts metabolic rates because it takes part in so many metabolic functions. "Oxygenated" products cannot and simply do not perform the same functions as hydrogen peroxide.

Why do so many of the products which are sold as "liquid oxygen" or "vitamin O" fail to tell you what and how much they really contain? Many of the compounds marketed in this category are not much different than watered down Clorox bleach. If you suspect that this is true, simply put a few drops on your thumb and rub them together with your middle finger until they evaporate. Smell. If you detect the unmistakable odor of chlorine, then the product contains either chlorine dioxide, sodium chlorite or chlorous acid, none of which provide the benefits of hydrogen peroxide and all of which leave toxic chlorine residues behind after they decompose.

Be cautious around products with "proprietary formulas" or "proprietary manufacturing processes".

Be cautious around products that do not clearly document the amount (%) of hydrogen peroxide that they contain.

Do not be fooled. Do not accept substitutes.

PRODUCTION / GRADES / CONCENTRATIONS

There are a number of ways to manufacture hydrogen peroxide. Small quantities of hydrogen peroxide can be made in the laboratory by...
1) Reacting barium peroxide with sulfuric acid.
2) Exposing water to ultraviolet light
3) Bubbling ozone through water
4) Running electricity through water (electrolysis)
5) Exposing ether to sunlight
6) Impinging a hydrogen-oxygen flame on ice

From 1920 to the 1950s, electrolysis (4) was the primary method used to produce very pure hydrogen peroxide. Today, nearly all commercially available hydrogen peroxide is manufactured by a process known as the Riedl-Pfleiderer process which involves the oxidation of chemicals known as alkylhydroanthraquinones.

Hydrogen peroxide can be found in a variety of grades:

3% Hydrogen Peroxide (common pharmacy grade)

This grade is most commonly found in pharmacies and grocery stores. **Hydrogen peroxide found in pharmacies and grocery stores contains a variety of stabilizers such as phenol, phenacetin, acetanilide, phosphoric acids, sodium pyrophosphate, nitrate, phosphoric acid, colloidal silicate and sodium stannate (tin). Because of these added toxic chemicals, this cheap product should NEVER be used.** Acetanilide was found in 1948 to cause methemoglobinemia and can cause damage to the liver and kidneys. The drug acetaminophen (Tylenol) is a metabolite of acetanilide. Phenacetin has a depressant action upon the heart, has been shown to be carcinogenic, to cause renal necrosis (kidney damage) and hemolysis (red blood cell destruction).

6% Beauty Salon Hydrogen Peroxide

Everyone has heard of the "bottle blond"! These products contains an activator that makes them effective bleaching agents.

Legally, according to Department of Transportation regulations, any hydrogen peroxide that is concentrated to 8% or greater is classified as an "oxidizer" and must be treated as a hazardous material.

30% Technical Grade

One of the major industrial uses of hydrogen peroxide is in the bleaching of cotton textiles and, to a lesser extent, wool, silk, and certain vegetable fibers. At the turn of the century (1900) a large market for hydrogen peroxide was the bleaching of straw hats which were very much in vogue. It is also used to bleach chemical pulps, in linoleum and to improve the color of certain waxes and oils. In addition, hydrogen

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

MELANOMA

"I'm just trying to help in any way I can, because no one should have to go through what I went through - numbing devastation and fear. If this helps you, please spread the word! Thank God!! Wow! I'm still shocked it worked and it took only a week! How is it possible that people don't know about this is beyond me. Over the period of two years, two cancerous growths appeared on my face (nose). One of them was growing very slow, the other one faster. Then in less than a year, another one appeared on my face as well - on the other side of my nose, very close to my eye. That one was growing at an alarming rate. All those growths hurt with unusual intensity when touched and had tiny veins, but they were not moles. They were kind of the color of my skin except more red and at times really red. I was getting worried and felt helpless. I begged God to help me and I searched a lot. I found this great site and read that there have been reports that hydrogen peroxide cured melanoma. At first it didn't seem to have any effect at all. I was getting so worried by that point because the spot close to my eye was growing even faster and by then it was about five millimeters in diameter and just a few months ago it was a tiny spot.

How I used it:

I took a cotton swab and soaked it in hydrogen peroxide and kept rubbing the cancerous growth with the hydrogen peroxide soaked cotton swab until the growth was white. It stung badly, but I didn't care, I just wanted these things gone. I was so desperate, my eyes watered every time I looked at the spots on my face. After soaking and making it white, apply a cotton ball soaked in hydrogen peroxide on the growth, and when the cotton gets dry, wet it with more hydrogen peroxide. The soaked cancerous growth, after a while, formed a crust much like what happens in a normal sore. The strangest thing is I see no scars. It flattened it out like it was never there, IN A WEEK!!! Even the fastest growing one! I'm still in shock. I tried so many things. Thank God! Thank God!"

John from Birmingham, Alabama (3-3-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

CANCER

"A dermatologist diagnosed a spot on my wife's face as a 'non-cancerous tumor' and he made an appointment for her to have it removed by a surgeon. He said it should be done soon so it would not leave a larger scar. It had been coming up and bleeding with just a slight touch for about two months. We had just heard about your experiences with hydrogen peroxide so she called the surgeon and cancelled the appointment and started using the 3% hydrogen peroxide on it and it became smaller and smaller. When we received the 12% she used it a few times. Within six weeks time it was gone with no scar. Cost less than $1.00... compared to what the surgeon would have charged and NO SCAR."

ECHO Newsletter, Volume I, Number III

peroxide is used to de-ink waste paper in the recycling process. These industries like using hydrogen peroxide because it is environmentally friendly. When hydrogen peroxide decomposes, it yields only water and oxygen. Hydrogen peroxide, when added to industrial and residential sewage and wastewaters, is able to kill harmful pathogens, making effluents safe for the environment. Hydrogen peroxide removes toxic and foul smelling pollutants from industrial gas streams and can also limit chlorine concentrations in water supplies. Hydrogen peroxide is used in the production of a wide variety of organic and inorganic chemicals, as well as in the manufacture of household bleaches. Hydrogen peroxide is also used in the mining industry.
Hydrogen peroxide reacts...

1) with alkalis to form peroxides.
2) with potassium iodide, in the presence of ferrous sulfate, to release iodine.
3) with lead sulfide (PbS - brown) to form lead sulfate ($PbSO_4$ - white). This is sometimes used to brighten oil paintings that have darkened with age.
4) with lead dioxide to form lead oxide.
5) with sulfites to form sulfates (in alkaline solutions)
6) with nitrites to form nitrates
7) with arsenites to form arsenates
8) with ferrous compounds to form ferric compounds.
9) with chromic compounds to form chromates.
10) with permanganates in acid solution to form manganous compounds plus oxygen of twice the volume available from the hydrogen peroxide
11) with dichromate in cold acid solution to form perchromic acid.
12) with titanic salt solutions to form pertitanic acid.
(Van Nostrand's Scientific Encyclopedia, 4th ed., page 873)

When you look at how hydrogen peroxide is used in industry, you can see its obvious benefits in health when it is used in the human body. In industry, hydrogen peroxide is used to oxidize hydrogen sulfide, mercaptans, amines, aldehydes, chlorine, reduced sulfur compounds (thiosulfates, sulfites, sulfides), cyanides, nitrites, and hydrazine. Hydrogen peroxide is also used to hydrolyze formaldehyde, carbon disulfide, carbohydrates, organophosphates and nitrogen compounds and numerous water soluble polymers. With the assistance of metallic catalysts (iron, copper, manganese) hydrogen peroxide can detoxify phenols, BTEX pesticides, solvents, plasticizers, and virtually any other organic compound. Hydrogen peroxide helps to break complex organic compounds into smaller, less toxic, biodegradable fragments. Hydrogen peroxide is used to remove "biogrowth" or "microbial slime" that blocks the drainage pipes in septic system leach fields. If hydrogen peroxide can do all that, don't you think it might help you clean the crap out of your colon?

35% Food Grade Hydrogen Peroxide

This grade is approved for use in the food industry as a non-toxic disinfectant. Added to water, it is sprayed on cheese, eggs, vegetables, fruits and whey products to keep them free of unwanted bacteria. It is also used to disinfect aseptic food containers (milk and juice boxes). It is also an ingredient in contact lens cleaners, eye drops, aloe vera extracts, mouthwashes and tooth-whitening products. In addition, food grade hydrogen peroxide is used in the dairy industry as a disinfectant and bactericide. Luckily, the FDA is unlikely to remove hydrogen peroxide from the marketplace because, without it, the agriculture and food processing industries would pretty much come to a standstill. This is not to say that the FDA isn't going to try (See Section Two!!!)

90% Hydrogen Peroxide

This grade is actually used by the military and in space exploration as a propulsion source for rocket fuel. It has been used as a propellant in both the U.S. and British military for over fifty years, primarily in torpedoes and missiles. It was also used by NASA in Mercury spacecraft and other programs. It is a highly unstable conpound that can explode unless handled very carefully.
(David Andrews, "Advantages of Hydrogen Peroxide as a Rocket Oxidant", **Journal of The British Interplanetary Society**, Volume 43, Number 7, July 1990, pages 319-328)

99.6% Hydrogen Peroxide

This grade was first made in 1954 as an experiment to see how pure hydrogen peroxide could be made.

A WIDE RANGE OF POSSIBILITIES

Hydrogen peroxide is effective in very minute amounts. Please take a look at the information below. Please realize that 3% food grade hydrogen peroxide is actually quite concentrated compared to the amounts that are found naturally in food and rain and spring water. It can be diluted by a factor of 1,000 and still be strong enough to disinfect your swimming pool or hot tub!

Concentration added to sanitize water supplies by many farmers.
30 parts per million = 0.003%

Concentration needed to disinfect swimming pool or hot tub:
30-100 parts per million = 0.003%- 0.01%

Most common concentration given intravenously:
375 parts per million = 0.0375%

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

JOCK ITCH

"Here's a remedy that no one may have thought of -- a treatment for 'tinea cruris', commonly known as jock itch. I had an issue with this for several months and during this period, several times a week, I used Cruex and other over-the-counter options to eliminate it, spending $20 to $30 to no avail. I knew hydrogen peroxide was effective in killing bacteria so, as a last resort, I cut the 3% grade 50%, just like the mouth wash, and used it. In two days the itch and soreness was gone! No joke. Total cost: 20¢"

Joe from Somerville, New Jersey (2-4-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

TONSILS

"Gargling with hydrogen peroxide cured my peritonsillar abscess. I was facing a very painful procedure to drain a peritonsillar abscess and I read on a different site that gargling with hydrogen peroxide sometimes helps. I did two gargles about two minutes apart. Less than ten minutes later I coughed up (I know, GROSS) a whole bunch of blood and pus. Instantly, my throat felt better."

Brandee from Longwood, Florida (1-1-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

FOLLICULITIS

"G.F. from Illinois writes that her son developed a severe case of folliculitis (inflammation of the hair follicles) over his buttocks and down his legs. She spent $50 on a dermatologist visit, plus another $60 on prescription salve. The condition took three weeks to clear up. After receiving the information about hydrogen peroxide and buying some food grade, her daughter developed a severe case of folliculitis from shaving her legs with a dull razor. She mixed up a 3% solution of hydrogen peroxide, applied it with a cotton ball and it cleared up in three days."

ECHO Newsletter, Volume II, Number III, Winter 1987

Concentration recognized by the Code of Federal Regulations as safe to add to milk during the making of cheese:
500 parts per million = 0.05%

Concentration recognized by the FDA as safe to add to fish eggs in order to prevent fungal growth (Perox-Aid):
500 parts per million = 0.05%

Concentration that I personally drink:
500 parts per million = 0.05%

Concentration used to "shock" a swimming pool:
875 parts per million = 0.0875%

Concentration (purported) of the healing water at Lourdes:
2,500 parts per million = 0.25%

Foot soak using 3 gallons of water and one quart of 3%:
2,500 parts per million = 0.25%

Concentration of drinking water fed to experimental animals to successfully treat tumors:
4500 parts per million = 0.45%

Concentration often recommended by health practitioners in "purging" protocols:
5,000 parts per million = 0.5%

Concentration used by the "Birdman of Alcatraz":
7,500 parts per million = 0.75%

Highest concentration given intravenously:
7,500 parts per million = 0.75%

Concentration approved by the FDA for mouthwash and gargle:
15,000 parts per million = 1.5%

Concentration approved by the FDA for topical application as a disinfectant on the skin:
30,000 parts per million = 3%

Concentration that the FDA has warned people about and recommends people should not drink (Duh!):
350,000 parts per million = 35%

Hydrogen peroxide can disinfect your swimming pool or hot tub at a minimum concentration of 30 parts per million. The Federal Government says that it is safe to add hydrogen peroxide to milk and fish eggs (see the next pages), in a concentration of 500 parts per million. Why would you want to do more?? At 500 parts per million, hydrogen peroxide will kill bacteria, viruses, fungus, mold, and parasites while it is safe for humans.

3% Food-Grade-Hydrogen-Peroxide is 60 times more concentrated than the government says is safe and effective. 3% hydrogen peroxide is 1000 times more concentrated than the minimum needed to disinfect your swimming pool or hot tub. More is not better! Be patient. Be consistent. Keep your bodily levels high enough to kill pathogenic organisms, but nowhere near high enough to kill you! All you need is enough. More is NOT better. There is no benefit to using too much. The point of using hydrogen peroxide is to overwhelm the weaker anti-oxidant defenses of pathogenic bacteria, viruses, fungi, yeast, mold and parasites while NOT damaging your own healthy bodily tissues.

NO PAIN - MUCH GAIN - USE YOUR BRAIN

STORAGE / SHELFLIFE

The primary factors that contribute to the degradation of hydrogen peroxide are increased temperature, increased alkalinity, contamination (especially from metals such as iron, copper, silver, manganese, etc.), and to a lesser degree, exposure to ultraviolet light. Lower concentrations are extremely stable and decompose at the rate of less than 1% per year. Hydrogen peroxide will keep for years, but it is guaranteed to NOT provide any benefit if you leave it in the bottle. Don't store it. USE IT!

Keep hydrogen peroxide out of the reach of children. Never transfer hydrogen peroxide into unlabeled or improperly labeled containers. Store hydrogen peroxide in a cool, dark place. Under 68^{o} F is best. Wrap the bottle in black plastic and label it clearly. You can store 35% in the freezer, but there is no need to. Lower concentrations (12%, 8%, 3%) will turn slushy or freeze and should NOT be stored in the freezer. Do not leave containers open. It is possible that, over time, water can evaporate from the container, which may cause the concentration of hydrogen peroxide to increase to unknown, possibly dangerous levels.

Properly stored hydrogen peroxide (3%) is extremely stable. Higher concentrations (35%) decompose about 1% per year. As highly concentrated hydrogen peroxide degrades into water and oxygen gas, it begins to exert pressure in the container in which it is stored. For this reason, it may not be wise to store hydrogen peroxide in a glass bottle, unless the cap is specially designed to release any pressure buildup.

If you have any artificial parts in your body, you must seriously consider the risks of using hydrogen peroxide. No one really knows what these risks are.

An extremely rare condition known as acatalasia [no catalase in the blood] has been observed in Japan. (J.B. Stanbury, J.B. Wyngaarden and D.S. Fredericksen, **The Metabolic Basis of Inherited Disease**, Chapter 44, McGraw-Hill)

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

HIP REPLACEMENT

"I should explain that when I first wrote to you for the information on the hydrogen peroxide, I was practically bedridden. I have a longstanding heart condition which deteriorated badly four years ago. My heart surgeon wished to operate, but did not think I was strong enough to survive the eight hours under anesthesia. Before the deterioration in my heart condition, I had been waiting for a hip replacement and this operation, too, was postponed. I had been out very little in the past few years. A walk of 200 yards exhausted me completely. In the home, I could not manage stairs very well, and even short trips in my car tired me. Most of my life was spent lying in a recliner. I could sew a little, but knitting tired me too much. I never thought about the hip, I did too little on my feet for it to be a problem any more. I have kept a daily record of my progress from the 20th of June, but to sum it up briefly: I have been taking three teaspoons of 6% hydrogen peroxide in three doses since June 20th. By the end of June I was taking my dog for short walks each day and had begun to do my own cooking and housework. By mid July I was taking long walks daily, no breathlessness, no hip pain -I discarded my walking stick. In August I was able to wash, hang out and iron clothes, etc., and at the end of the month, I spent a week away from home demonstrating craftwork at a Midlands leather museum. On September 1, I swam in the sea (the last time I was able to swim was over 13 years ago in 1977). I have been in the sea on most days since and shall continue to swim daily. Yesterday I played my first game of tennis in 25 years (badly, but I played) and tomorrow I'm off to Tywyn to choose a mountain bike. I can't remember the last time I cycled. I haven't seen a doctor or the specialist who has been looking after me since last May. I can't wait to hear their comments when I next see them. Truly, for me, hydrogen peroxide has transformed my life. I hadn't really realized just how ill I was. It was only when I began to feel well that I appreciated how weak I had been. I am 53 now and I can honestly say that I feel better than I have felt for 30 years."

ECHO Newsletter, Volume IV, Number V, Summer 1992

SNAKEBITE

"F.M. of Missouri writes: A few weeks ago our German Shepherd dog was bitten on the foreleg by a copperhead snake. They are a poisonous snake common here in the Ozarks. In just a few minutes the entire leg was swollen to twice its normal size. The dog's respiration rate became extremely rapid and labored. Her body temperature, as evidenced by feeling her mouth, became high. She appeared to be in extreme distress and unable to move. We were unable to reach our vet and we thought the dog was going to die. In desperation we decided to try hydrogen peroxide. My wife poured a large shot of Dr. Donsbach's Cherry Berry Super Oxy Plus in a glass and we dumped it in the dog. We guess there was about three ounces. In about ten minutes the respiration rate came down, body temperature seemed to drop and the dog wagged its tail. Although the swelling persisted for several days, the dog came back to normal."

ECHO Newsletter, Volume III, Number VI, Winter 1990-1991

SAFETY / EMERGENCY PROCEDURES

In countless numbers of medical research studies it has been clearly established that external and internal use of hydrogen peroxide in dilute aqueous solutions is completely safe and non-toxic. The only problems occur when too highly concentrated solutions are accidentally consumed or spilled.

Diluting with large amounts of water is the basis of all emergency/accident procedures.

Any use of hydrogen peroxide should never cause any pain of any kind. Even a tingling sensation means that you are using hydrogen peroxide in a concentration that is too high. Stomach irritation has occurred in some cases when hydrogen peroxide was consumed with well water which had a high iron content. When these people switched from well water to distilled water, the stomach irritation ceased.

If hydrogen peroxide is accidentally spilled on the skin, flush the area immediately with large amounts of water. Skin contact with very concentrated hydrogen peroxide (8% and above) may cause a whitening under the skin. This is simply trapped oxygen and usually returns to normal without any damage. Blistering may occur if contact continues for long periods.

If hydrogen peroxide is accidentally ingested in a quantity or concentration that is greater than recommended, drink large amounts of water in order to dilute it. NEVER induce vomiting. This can cause the hydrogen peroxide to enter the lungs. If stomach bloating is excessive or if there is severe pain, a tube should be inserted by emergency personel in order to relieve the gas pressure.

If hydrogen peroxide accidentally gets into the eyes, immediately flush with large amounts of water.

Hydrogen peroxide fumes can be highly concentrated. The warning sign is a stinging sensation in the sinuses or eyes. If this occurs, ventilate the area and leave the area.

"FDA considers the potential exposure to hazardous chemicals in workplaces to be under the jurisdiction of the Occupational Safety and Health Administration (OSHA), Department of Labor. Under the recommendation of the American Conference of Governmental and Industrial hygienists, OSHA has adopted 1ppm or 1.4 milligrams per cubic meter of air as the permissible exposure to 90 percent hydrogen peroxide in workroom air"
(Federal Register, Volume 46, Number 6, January 9, 1981)

IN CLOSING

I would greatly appreciate your feedback
(good and bad), suggestions, observations,
experiences, information and recommendations.

I am constantly updating this book
and I would love to include your input.

Please don't be afraid to call me directly.
If you have any questions, I can be contacted directly at:

James Paul Roguski

(310) 619-3055

FoodGrade.HydrogenPeroxide@gmail.com

Thank you for reading this book.

Please take a look at my first book

Your Doctor Is A Liar!

at...

www.YourDoctorIsaLiar.com

and also visit

www.HealthCareAnswer.ORG

and

www.TheEasiestJobInTheWorld.com

and

www.AllThingsBulldog.com

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance.
Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide.

ACNE

"I tried the hydrogen peroxide remedy for acne and it has been simply amazing! I was in the bath one evening and I had a bad flare up on my right cheek of probably about five or six pimples that I had popped. I got out some hydrogen peroxide and poured a bit on to a piece of tissue paper and held it to my cheek for roughly ten minutes. The stuff literally flattened all those inflamed pimples I had which felt super smooth. I was so relieved. I thought, hey... I'm going to try this every day! I rub the solution on my face about three times per day. My face is so clear now with no pimples. I have a history of red marks left over from ten years of acne and the hydrogen peroxide has lightened them significantly and it's only been about a week since I've been doing it. If I get a breakout, I hold a soaked cotton ball to the area for a few minutes, then later on the redness is gone and the pimple is flat. I love this stuff and I think all acne sufferers should try it. Works so fast!!!"

Ella from Alberta, Canada (9-14-2007)
www.earthclinic.com/Remedies/hydrogen_peroxide.html

Appendix B

Members of the
American College for Advancement in Medicine.

According to their online profiles,
these practitioners provide
Hydrogen Peroxide Therapy.

www.acamnet.org

INTRAVENOUS THERAPY

If you have a serious ailment, don't fool around. Go ahead, follow all of the advice in this book, but realize that this information is designed to maintain your health. **You need to find a QUALIFIED medical doctor to guide you to improved health**.

Hydrogen peroxide can be administered by intravenous infusion to help improve a wide range of health conditions. Many studies have shown that intravenous hydrogen peroxide will kill bacteria, viruses, fungi, parasites and has also been shown to destroy certain tumors. Hydrogen peroxide can be considered a universal agent which can almost always be tried for an illness, often with remarkable success. Many different pathological conditions seem to respond to intravenous therapy.

If you have a serious ailment, seek out a properly trained physician who has been taught exactly how to safely administer hydrogen peroxide **intravenously**. Qualified practitioners are taught a very specific protocol. They use hydrogen peroxide that is prepared in a very specific way. To prepare the intravenous solutions, many physicians start with 30% reagent grade hydrogen peroxide. The 30% solution is diluted with an equal amount of distilled water to make a 15% solution. This 15% solution is passed through a Millipore 0.22mm medium flow filter for removal of particulate matter. One quarter of a milliliter of the 15% hydrogen peroxide is added to 100ml of 5% dextrose in water. This results in a 0.0375% hydrogen peroxide, 5% dextrose solution that is then used in the intravenous solutions. Some practitioners add other ingredients. Magnesium is commonly added because it seems to reduce the possibility of irritations at the injection site. Vitamin C is NOT added. The final solution is given intra-venously or intra-arterially. DO NOT try this at home!

The hydrogen peroxide therapy procedure is very simple. The combination is administered slowly, by intravenous infusion, over 90 to 120 minutes. When properly performed, hydrogen peroxide therapy is comfortable, safe and effective. Hydrogen peroxide therapy has a cumulative effect so that each treatment builds on and enhances the effects of previous treatments. For acute problems, frequent treatment may be necessary initially.

Be aware that many medical professionals are unfamiliar with the proper protocols that enable one to safely and effective administer hydrogen peroxide intravenously. Many medical professionals argue that hydrogen peroxide can damage the veins. As with any intravenous procedure, this is possible, but it can only occur if the procedure is not performed according to the proper protocols. Many have been grossly misinformed and they believe that such therapy will result in creation of a gas embolism which might cause a stroke as a result of gas bubbles traveling to the brain. This problem is caused by nitrogen gas, not hydrogen peroxide. Others inaccurately believe that hydrogen peroxide is a free radical and can cause oxidative damage. Simply not true. These opinions are erroneous and are based on misinformation and/or ignorance on their part.

During and after the procedure, many people experience a sense of well being or a gentle floating sensation. Some, who have lung problems, may experience a mild "fizzy" sensation in their chest. Since your blood contains more oxygen during and immediately after hydrogen peroxide therapy, some people notice improved skin color. If your blood was drawn at this time, it would appear more bright red than usual due to the increased oxygen content. You may leave the clinic after completion of the hydrogen peroxide therapy. It will not interfere with your ability to drive.

Some patients receiving intravenous hydrogen peroxide therapy often report that lights and colors seem to be brighter. They also experience improved mental clarity, mild feelings of euphoria and elation, easier breathing and a sense of relaxation. These responses begin about ten to fifteen minutes after the start of intravenous hydrogen peroxide therapy. The reaction can last for as long as five to six hours after the infusion has ended.

"We have given intravenous infusions of hydrogen peroxide in a variety of pathological conditions. Infection, allergy reactions, flu syndromes and other toxic phenomena had rapid improvement from their morbid state with infusion of hydrogen peroxide without further treatment. No distinct group of patients or classifications of disease at this time can be considered the 'proper selections'. Since intravenous infusions of hydrogen peroxide provide oxygenation to highly toxic tissue, kill or inhibit certain bacteria, yeast, viruses, protozoa and parasites, and, since it has a stimulatory effect on the immune system, many different pathological conditions seem to respond to intravenous peroxide therapy."
(Charles H. Farr, M.D., Ph.D.)

ARIZONA

Ralph Luciani
Phoenix, Arizona 85021
(602) 242-4024

Bruce Shelton, MD
Phoenix, Arizona 85022
(602) 504-1000

Charles Schwengel
Mesa, Arizona 85203
(877) 668-1448

Kristy Anderson, ND
Mesa, Arizona 85206
(480) 985-0000

Laurence Grey
Chandler, Arizona 85225
(602) 999-8118
(905) 725-7000

CALIFORNIA

Frank Shallenberger, MD, HMD
Carson City, California 89703
(775) 884-3990

Joseph Sciabbarrasi
Los Angeles, California 90025
(310) 268-8466

Ilona Abraham, MD
Encino, California 91316
(818) 345-8721

Stephen Danielsen, ND
Thousand Oaks, California 91360
(805) 857-0749

Salvacion Lee, ND
Studio City, California 91604
(818) 505-1574

Hitendra Shah, MD
Diamond Bar, California 91765
(909) 860-2610

David Howe, MD, BPCT
El Cajon, California 92021
(619) 440-7787

Les Breitman, MD
Oceanside, California 92054
(760) 439-9955

Juergen Winkler, MD
Oceanside, California 92054
(760) 439-9955

Andrea Angelucci
San Diego, California 92109
(518) 879-4144

Vigilanda Solijon, MD
Grand Terrace, California 92313
(909) 783-2773

Allan Sosin
Irvine, California 92618
(949) 600-5100

Carmelo A. Plateroti, DO, BPCT
Atascadero, California 93422
(805) 462-2262

Howard Press, MD
Carmel Valley, California 93924
(831) 659-2172

Deepta Saxeena, MD
Fremont, California 94536
(510) 790-2144

Evangeline Lopez, MD
San Jose, California 95125
(408) 569-8863
(408) 885-0840

Robert Rowan, MD
Santa Rosa, California 95402
(707) 578-7787

Terri Su, MD
Santa Rosa, California 95403
(707) 578-7787

Ron Kennedy, MD
Santa Rosa, California 95403
(707) 576-0100

Bernard McGinity, MD
Carmichael, California 95608
(916) 485-4556

COLORADO

Jonathon Singer
Greenwood Village, Colorado 80111
(303) 488-0034

Alexander Thermos
Lakewood, Colorado 80215
(303)462-1070

FLORIDA

Deborah Viglione, MD
Gulf Breeze, Florida 32561
(850) 623-3836
(850) 934-8138

Tracey Pinkston, MD
Gulf Breeze, Florida 32561
(850) 934-8138

Watson Alternative Health, MD
Milton, Florida 32570
(850) 623-3836

Robert Erickson, MD
Gainesville, Florida 32606
(352) 331-5138

Jack Young, MD, PhDm, APCT, H
Mount Dora, Florida 32757
(352) 385-4400

Kirti Kalidas, MD, ND
Orlando, Florida 32819
(407) 355-9246

Chris Enriquez, MD, BPCT
Ft. Lauderdale, Florida 33317
(954) 583-3335

Eugene Lee, MD
Tampa, Florida 33606
(813) 251-3089
(813) 251-3096

John Monhollon, MD
Sarasota, Florida 34221
(727) 399-8600
(941) 955-6220

Alan Sault, MD
Sarasota, Florida 34239
(941) 957-4500
(941) 330-0564

GEORGIA

Milton Fried, APCT, ABCMT
Atlanta, Georgia 30360
(770) 451-4857

HAWAII

Alan Thai, MD
Kapaau, Hawaii 96755
(808) 889-5556

Richard Lippman
Honolulu, Hawaii 96816
(808) 373-3034

IDAHO

Stephen Thornburgh, DO
Nampa, ID 83651
(208) 466-3517

ILLINOIS

Terrill Haws, DO
Arlington Heights, Illinois 60005
(847) 577-9451

Robert LaCava, MD
Elgin, Illinois 60123
(847) 695-6262

INDIANA

Randee Miller, MSN, APRN, BC
Carmel, Indiana 46032
(317) 298 3850

Linda Spencer, CPNP, FNCP
Indianapolis, Indiana 46254
(317) 298-3850

Marvin Dziabis, MD, PC
North Manchester, Indiana 46962
(260) 982-1400

Charles Turner, MD
Lafayette, Indiana 47909
(765) 471-1100

MAINE

Alan Weiner, DO
Portland, Maine 04101
(207) 828-8080

MARYLAND

Mark Silvieri, MD
Laurel, Maryland 20708
(301) 490-9911

Paul Beals, MD, BPCT
Laurel, Maryland 20708
(301) 490-9911

MASSACHUSETTS

Barry Elson, MD
Northampton, Massachusetts 01060
(413) 584-7787

MICHIGAN

Rodney Moret, MD, CA
Madison Heights, Michigan 48071
(248) 547-2223

Rick, Ng
West Bloomfield, Michigan 48322
(248) 851-1600

David Nebbeling, DO
Lansing, Michigan 48917
(517)323-1833

MISSISSIPPI

Rushikesh Mehta, MD
Purvis, Mississippi 39475
(601) 794-3777

MISSOURI

Bonnie Friehling, MD
Columbia, Missouri 65203
(573) 446-1200

MONTANA

Dan Carter, ND
Bozeman, Montana 59715
(406) 586-2392

John Neustadt, ND
Bozeman, Montana 59718
(406) 582-0034

Christine White
Missoula, Montana 59801
(406) 542-2147

NEVADA

Robert Milne, MD
Las Vegas, Nevada 89106
(702) 385-1393

Thomas Lee, ND
Reno, Nevada 89502
(928) 767-4743
(775) 284-4700

NEW HAMPSHIRE

Julia Greenspan, ND
Hollis, New Hampshire 03049
(603) 249-6783

NEW JERSEY

David Fornfeld, DO
Middletown, New Jersey 07748
(732) 671-3730

Scott Greenberg, MD
Cherry Hill, New Jersey 08003
(856) 424-8222
(609) 238-3717

Stanley Hartanowicz, MD
Toms River, New Jersey 08753
(732) 255-8880
(732) 300-4224

NEW MEXICO

George Keanna, DDS, FIND, CJN, DANLA
Ralph J. Luciani, DO, MS, PhD, MD(H)
Lori Eanes, DO
1100 Lead Avenue, SE
Albuquerque, New Mexico 87106
www.newhealthinsight.com
(877) 392-8533
(505) 292-8533

Philomena Marcus, AP, RN, BC
Albuquerque, New Mexico 87123
(505) 298-1024

Wolfgang Haese, MD, DTM, APCT
Las Cruces, New Mexico 88012
(505) 373-8415

NEW YORK

Michael Schachter, MD
Suffern, New York 10901
(845) 368-4700

Gary Jean-Baptiste, MD
Brooklyn, New York 11217
(718) 398-8000

Richard Linchitz, MD
Glen Cove, New York 11542
(516) 759-4200

Christopher Calapai, DO
East Meadow, New York
(516) 794-0404

David Borenstein, MD
Hicksville, New York 11801
(516) 749-6447
(718) 758-1650

Robert Barnes, DO
Cheektowaga, New York, 14225
(716) 679-3510

NORTH CAROLINA

Rashid Buttar, DO
Hunterville, North Carolina 28078
(704) 895-9355

OHIO

Barbara Singer, DO
Lancaster, Ohio 43130
(740) 653-0017

Theodore Cole, MD
Cincinnati, Ohio 45241
(513) 563-4321

OKLAHOMA

Charles D. Taylor, MD
Oklahoma City, Oklahoma 73118
(405) 525-7751

Gerald Wootan, DO, BOCT, M. Ed.
Jenks, Oklahoma 74133
(918) 299-9447
(918) 698-7735

Lance Hightower, DC
Tulsa, Oklahoma 94147
(918) 828-9011

OREGON

Victoria Lutskovsky, ND
Hilsboro, Oregon 97123
(503) 844-6667

Jeffrey Tyler, MD
Portland, Oregon 97220
(503) 255-4256

Virginia Osborne, BSN, ND
Portland, Oregon 97223
(503) 805-3438
(503) 697-0725

Terence Young, MD
Salem, Oregon 97304
(503) 371-1558

John Gambee, MD
Junction City, Oregon 97448
(541) 998-0111

PENNSYLVANIA

Martin Gallagher, MD, DC, DO
Jeannette, Pennsylvania 15644
(724) 523-5505

Adrian Hohenwarter, MD
Palmyra, Pennsylvania 17078
(717) 832-5993

Robert Peterson, DO
Newtown, Pennsylvania 18940
(215) 579-0330

Andrew Lipton, DO
Narberth, Pennsylvania 19072
(610) 667-4601

TENNESSEE

Stephen Reisman, MD
Nashville, Tennessee 37212
(615) 320-1175

TEXAS

Joel Mack, NP
Frisco, Texas 75034
(972) 334-9900
(214) 619-1313

John Ferrell, MD
Frisco, Texas 75034
(972) 334-9900
(214) 619-1350

Smart Idemudia, MD
Lewisville, Texas 75067
(972) 420-6777

Robert Gilbard, MD
Rowlett, Texas 75088
(972) 463-1744

V. John Gonino, DO
Rowlett, Texas 75089
(972) 475-1500

Frank Setzler
Tyler, Texas 75701
(903) 526-2323

Patricia Braun, MD
Lindale, Texas 75771
(903) 881-1929

Barry Beaty, DO
Fort Worth, Texas 76107
(817) 737-6464

Gerald Harris, DO
Fort Worth, Texas 76109
(817) 336-4810

Lynn Jennings, MD
Wichita Falls, Texas 76308
(940) 322-2400

Robert Battle, MD
Houston, Texas 77077
(713) 932-0552

Kazuko Curtin
Austin, Texas 78746
(512) 306-1920

Jeff Baker
Austin, Texas 78746
(512) 306-1920

Stephen Dalton, DO
Lubbock, Texas 79424
(806) 792-8843

Jose Saenz
El Paso, Texas 79904
(915) 613-4719

Francisco Soto, MD
El Paso, Texas 79912
(915) 581-2273

UTAH

Rachel Burnett, ND
Salt Lake City, Utah 84111
(801) 363-8824

VIRGINIA

Leila Zachrison, MD
Fairfax, Virginia 22030
(703) 359-9300

Mitchell A. Fleisher, MD, DHT
Nellysford, Virginia 22958
(434) 361-1896

David Schwartz, MD
Louisa, Virginia 23093
(540) 967-2050

WASHINGTON

Nazanin Kimiai
Kirkland, Washington 98034
(425) 823-8818

Ralph Golan, MD
Seattle, Washington 98115
(206) 524-8966

William Correll, MD
Spokane, Washington 99203
(509) 838-5800

Appendix B

Various “purging” schedules
that have been promoted over the years.

Purging schedule for 35%

Dilute the drops into 5 ounces of distilled water (total of 15 ounces per day)

Day	amount(drops of 35%)	times/day	%		(actual amount of pure H_2O_2)
1	3	3	.0350	x 15oz. =	0.00525 ounces
2	4	3	.0466		0.007
3	5	3	.0583		0.00875
4	6	3	.0700		0.0105
5	7	3	.0816		0.01225
6	8	3	.0933		0.014
7	9	3	.1050		0.01575
8	10	3	.1166		0.0175
9	12	3	.1400		0.021
10	14	3	.1633		0.0245
11	16	3	.1866		0.028
12	18	3	.2100		0.0315
13	20	3	.2333		0.035
14	22	3	.2566		0.0385
15	24	3	.2800		0.042
16	25	3	.2916		0.04375
17	25	3	.2916		0.04375
18	25	3	.2916		0.04375
19	25	3	.2916		0.04375
20	25	3	.2916		0.04375
21	25	3	.2916		0.04375

For more serious problems you may stay at 25 drops, 3 times per day, for 1-3 weeks.
Next, graduate down to 25 drops, 2 times per day until the problem is taken care of.
This may take from 1-6 months. Don't give up.

Purging schedule for 3% & 8%

Get a gallon of distilled water, take out 20 ounces of water and replace with 20 ounces of 3% hydrogen peroxide, yielding approximately a .5% solution or one half of one percent.
(20 ounces of 3% H_2O_2 contains .6 ounces of pure H_2O_2 and 19.4 ounces of water.
.6 divided by 128 ounces in a gallon yields **.46875 %** concentration of hydrogen peroxide
This is stronger than any concentration listed above for 35%!!)

If you are using 8%, remove 8 ounces of water and replace with 8% hydrogen peroxide to get exactly a 5% solution.
(8 ounces of 8% H_2O_2 contains .64 ounces of pure H_2O_2 and 19.36 ounces of water.
.64 divided by 128 ounces in a gallon yields **.5 %** concentration of hydrogen peroxide
This is stronger than any concentration listed above for 3% or for 35%!!)

1 ounce the 1st day	.5%	x 1 oz. =	0.005 ounces
2 ounces the 2nd day	.5%	x 2 oz. =	0.010 ounces
3 ounces the 3rd day	.5%	x 3 oz. =	0.015 ounces
4 ounces the 4th day	.5%	x 4 oz. =	0.020 ounces
5 ounces the 5th day	.5%	x 5oz. =	0.025 ounces
then try			
5 ounces 3 times a day for 7 days	**.5%**	**x 15oz. =**	**0.075 ounces**
(This is the highest level ever recommended: it is a mere 75 thousandths of an ounce of pure H_2O_2 per day!)			
5 ounces 2 times a day for 7 days	.5%	x 10oz. =	0.050 ounces
5 ounces once a day for 7 days	.5%	x 5oz. =	0.025 ounces
5 ounces once every other day for 7 days			
5 ounces once every third day for 7 days			
5 ounces once every fourth day for 7 days			

If you find that the amounts are more than you can tolerate, then back off on the amount of intake until you feel that you are at a comfortable level. Stay at that level until you get the results you are looking for.

Remember, persistence pays off.

AUTHOR'S ADVICE:

DRINK

Add four tablespoons (two ounces) of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05%. (500 parts per million) There are 128 ounces in each gallon. Four tablespoons equal two ounces. Two ounces at 3% diluted by 128 ounces (2x3%/128) equals 0.046875%. Eight eight-ounce glasses per day is good for health maintenance. Daily consumption of 3/4 of a gallon (96 ounces, 12-8 ounce glasses, or approximately 3 liters) is considered by many practitioners to provide a therapeutic amount of hydrogen peroxide. Hydrogen peroxide does have a unique flavor and it may alter the taste of the beverage into which you mix it, so use your best judgement. I have successfully used natural lemon, orange, peppermint and vanilla extract to improve the flavor of my water. Try It!

FOOT SOAK

My personal recommendation is to go to your local hardware store and purchase a five gallon plastic bucket/pail with a tight fitting, waterproof lid. Then go to your grocery store and purchase at least three gallons of distilled water. Come home, place a thick beach towel on the floor in front of your most comfortable chair, place the plastic pail on top of the towel, pour three gallons of distilled water into the bucket and then add one quart of 3% food grade hydrogen peroxide. Stick your foot in the bucket, sit down, and read a book, watch TV, play a video game or do whatever you want while you soak your foot. I personally like to soak only one foot at a time. Feel free to physically manipulate your feet while they are soaking. Use a non-metallic fingernail file to clean under your toenails and around your cuticles while they are under water in order to get more hydrogen peroxide under your nails. Use a loofa or other mild abrasive to help loosen dead skin cells. Use a pumice or other device to remove a portion of any callouses, corns, etc. Massage your feet, wiggle your toes and scratch your skin to get as much blood flowing as possible. When you've had enough, dry off your feet, put the lid on the bucket and store it someplace cool for the next night. You can most certainly reuse the foot soak water. Add more water or more hydrogen peroxide as needed. After numerous soaks, use your best judgement as to when you should dump it all out and start with a fresh mixture. The used water is great for potted plants or for your garden or yard.

MOUTHWASH / GARGLE

I personally, strongly suggest that you follow the official government/pharmaceutical advice and use 3% hydrogen peroxide as a mouth rinse and gargle four times a day after meals and at bedtime. However, don't use the toxic, stabilized pharmacy grade hydrogen peroxide, instead use only higher quality 3% food grade hydrogen peroxide. Using 3% food grade hydrogen peroxide as an oral rinse and gargle four times a day is absolutely the best, simplest, safest and most instructive way to introduce yourself to using hydrogen peroxide. It's safe, it's easy and it's government approved. Your mouth will be much healthier, your teeth will be much whiter, and you will begin to become far more comfortable with the benefits of hydrogen peroxide in an introductory way which will give you confidence to use hydrogen peroxide in even more powerful ways. When you use hydrogen peroxide, you are using the most fundamental ingredients of all human life - oxygen and water.

SMALL SKIN SOAK

Take a small lid from a used water bottle, fill it with 3% food grade hydrogen peroxide and carefully place it over any small area of skin that you want to treat. Hold it firmly for as long as you wish and let the hydrogen peroxide soak into the skin. If you notice any tingling at all, stop immediately, remove the lid and flush with lots of water.

SKIN SPRAY

I strongly suggest that you use 3% food grade hydrogen peroxide on any kind of skin blemish. Use it on any kind of rash, fungus, wart, etc. Use 3% food grade hydrogen peroxide anywhere your skin seems to need any kind of help. A very easy way to do this is to spray your body immediately after leaving the shower. Just be careful to not get it into your eyes. I have personally seen hydrogen peroxide work miracles on skin problems!

Appendix C

Please make hundreds of copies
of the following letter/list.

Give a copy to your relatives and friends
and tell them to make hundreds of copies also.

Mail them to your...
President
Senators
Representatives
FDA Commissioner
Governor
State Senators
State Representatives
Every media outlet you can find.
(Newspaper, television, radio, internet blog, etc.)

Physically hand a copy to absolutely everyone

and

DEMAND ACTION!

(Be sure to keep a clean copy for your future use)

Addresses

The White House
The Office of the President
1600 Pennsylvania Avenue, NW
Washington, DC 20500
(202) 456-1111
www.whitehouse.gov

Senators
Find your senator at the website below, but send a letter to as many as you can!
www.senate.gov/general/contact/_information/senators_cfm.cfm

Representatives
Find your representative at the website below, but send a letter to as many as you can!
www.house.gov/house/memberwww.shtml

The Food and Drug Administration (FDA)
The Office of the Commissioner
(Andrew C. von Eschenbach, M.D.)
Room 14-71
5600 Fishers Lane
Parklawn Building/Mail Code:HF-1
Rockville, MD 20857
www.fda.gov

Please also send letters to your state senators and representatives.

Please also send letters to your local news organizations as well as any national media.

Date:________________________

Dear ___________________________

The following information has recently come to my attention and I would like to now bring it to your attention.

Food Grade Hydrogen Peroxide has been shown to be very beneficial in the treatment of quite a large number of very serious diseases, such as cancer, heart disease, emphysema and influenza. Unfortunately, the government, the medical establishment and the news media have, at best, ignored this information and, at worst, systematically attempted to hide this knowledge from the American public.

I want you to DO SOMETHING to expose this coverup.

Please understand that this is not merely my opinion. These are scientific facts! Enclosed you will find an abbreviated list of peer-reviewed, scientific studies that have been published in respected medical journals. They all document the benefits of various treatment protocols using food grade hydrogen peroxide.

Why does our scientific community not conduct further experiments to learn more about the work that has already been done by these admirable, pioneering scientists?

Why does our medical establishment ignore these treatments?

Why has the FDA blatantly denied that this information exists?

Why does the FDA prevent doctors from applying these treatments and
why does it attack those who do?

It is in your power to investigate this situation. Please do so ASAP.

Thank you for your prompt attention to this important matter.

Sincerely,

____

Why is this information being ignored?

The references listed here are clear scientific proof that Food Grade Hydrogen Peroxide is beneficial to human health. These experiments have been conducted by qualified scientists at respected medical and educational institutions throughout the United States and the world. Their independent work has been ignored and has even been denied by "the powers that be" in our government, our medical establishment and by the news media.

Please take the time to learn a little bit more about this travesty and how it may have important implications for your health, the health of your family and friends, and quite literally, the health of our country and our entire world!

A simple search via the National Institute of Health's Pub Med system lists over 40,000 published studies in addition to these listed here!

www.ncbi.nlm.nih.gov/pubmed/
(enter 'hydrogen peroxide' as a search criteria)

CANCER

"A Method of Destroying a Malignant Rat Tumor In Vivo", R.A. Holman, Nature, May 18, 1957, number 4568, page 1033

"The Use of Hydrogen Peroxide as a Source of Oxygen in a Regional Intra-Arterial Infusion System", J.T. Mallams, M.D., J.W. Finney, M.A. and G.A. Balla, M.D., Southern Medical Journal, March 1962, volume 55.

"Application of Hydrogen Peroxide Infusion to Maxillary Cancer", Hiroshi Sasaki, Tadao Wakutani, Sikayuki Oda and Yasuo Yamasaki, Yonago Acta Medica, volume 11, number 3, pages 141-149

"Role of Oxygen-Dependent Mechanisms in Antibody-Induced Lysis of Tumor Cells by Activated Macrophages", Carl Nathan and Zanvil Cohn, J. Exp. Med, Volume 152, July 1980, pages 198-208

"Anti-Tumor Effects of Hydrogen Peroxide In Vivo", Carl F. Nathan and Zanvil A. Cohn, J. Exp. Med., Volume 154, November, 1981, pages 1539-1553

CANDIDA

"Damage to Candida Albicans Hyphae and Pseudohyphae by the Myeloperoxidase System and Oxidative Products of Neutrophil Metabolism In Vitro", Richard D. Diamond, Robert A. Clark and Christian C. Haudenschild, J. Clin. Invest, November 1980, Volume 66, pages 908-917

"Killing of Aspergillus Fumigatus Spores and Candida Albicans Yeast Phase by the Iron-Hydrogen Peroxide-Iodide Cytotoxic System: Comparison with the Myeloperoxidase-Hydrogen Peroxide-Halide System", Stuart M. Levitz and Richard D. Diamond, Infection and Immunity, March, 1984, volume 43, number 3, pages 1100-1102)

CARDIOVASCULAR DISEASE

"Cardiac Resuscitation with Hydrogen Peroxide", Harold C. Urschel, et. al., Supplement II to Circulation, volumes XXXI and XXXII, October 1965.

"Removal of Cholesterol and Other Lipids From Experimental Animal and Human Atheromatous Arteries by Dilute Hydrogen Peroxide", James W. Finney, et. al., Angiology, April, 1966, volume 17, pages 223-228

"Cardiovascular Effects of Hydrogen Peroxide: Current Status", Harold C. Urschel, Jr., M.D., Diseases of the Chest, February, 1967, volume 51, pages 180-192

"Treatment of Arteriosclerotic Obstructive Cerebrovascular Disease with Hydrogen Peroxide", Harold C. Urschel, Jr., M.D., et. al., Vascular Surgery, volume 1, number 2, pages 77-81

"Protection of the Ischemic Heart with DMSO Alone or DMSO with Hydrogen Peroxide", J.W. Finney, et. al., Annals of the New York Academy of Sciences, 1967, volume 151, pages 231-241

"Release of Hydrogen Peroxide by Granulocytes as a Modulator of Platelet Reactions", Peter H. Levine, Ronald S. Weinger, JoAnn Simon, Kristine L. Scoon and Norman I. Krinsky, The Journal of Clinical Investigation, April, 1976, volume 57, pages 955-963

"Hydrogen Peroxide Elicits Pulmonary Arterial Relaxation and Guanylate Cyclase Activation", Theresa M. Burke and Michael S. Wolin, American Journal Physiology, Heart and Circulatory Physiology, 1987, volume 252, issue 4, pages H721-H732

DENTISTRY

"Effect of Hydrogen Peroxide on Developing Plaque and Gingivitis in Man", Jan Wennstrom and Jan Lindhe, Journal of Clinical Periodontology, 1979, volume 6, pages 115-130.

"Effects of Topical Hydrogen Peroxide on Caries Incidence and Bacterial Agglomerate Formation in Rats", R. Schmid, A.R. Firestone, and H.R. Muhlemann, J. Dent. Res, July 1980, volume 59, number 7, page1173,

"Endotoxin-Inactivating Potency of Hydrogen Peroxide: Effect on Cell Growth", Frank A. DeRenzis, J. Dent. Res., May, 1981, volume 60, number 5, pages 933-935

EAR

"Peroxide of Hydrogen and its Use in Ear Diseases", Walter B. Johnson, M.D., The Journal of the American Medical Association, October 29, 1892

"The Use of Peroxide of Hydrogen in Diseases of the Nose, Throat and Ear", W. Scheppegrell, A.M.M.D., The Medical Record, August 8, 1896

"The Use of Hydrogen Peroxide to Clear Blocked Ventilation Tubes", Arnold K. Brennan, M.D., Ruth M. Milner, M.A., Cynthia R. Weller, M.A., The American Journal of Otology, January, 1986, volume 7, number 1, pages 47-50

GANGRENE

"Intra-Arterial Hydrogen Peroxide in Experimental Gas-Gangrene", B.M.L. Kapur and S.C. Arya, Ind. Jour. Med. Res., December, 1967, volume 55, number 12, pages 1281-1284

GENERAL

"Peroxide of Hydrogen as a Remedial Agent", I.N. Love,. M.D., Journal of the American Medical Association, Volume 10, Number 9, March 3, 1888, pages 262-265

"The Necessary Peroxide of Hydrogen", Robert T. Morris, M.D., The Journal of the American Medical Association, August 9, 1890, page 216

"Some of the Uses of Peroxide of Hydrogen in General Surgery", Thomas P. Manly, M.D., New England Medical Monthly, December, 1892

"Peroxide of Hydrogen", Warren Brown, M.D., The Medical Sentinel of Portland, Oregon, February, 1896

"Studies on the Parenteral Administration of Hydrogen Peroxide", A.L. Lorincz, M.D., J.J. Jacoby, M.D. and H.M. Livingstone, M.D., Anestaesiology, Volume 9, 1948, pages 162-174

"The Supersaturation of Biologic Fluids With Oxygen by the Decomposition of Hydrogen Peroxide", B.E. Jay, J.W. Finney, G.A. Balla and J.T. Mallams, Texas Report Biol. & Med., 1964, Volume 22, pages 106-109

"Peripheral Blood Changes in Humans and Experimental Animals Following the Infusion of Hydrogen Peroxide into the Carotid Artery", J.W. Finney, G.A. Balla, G.J. Race, and J.T. Mallams, Angiology, 1965, volume 16, pages 62-66

"The Oxygenation of Blood by Hydrogen Peroxide: In Vitro Studies", D.C. White and P.R. Teasdale, Brit. J. Anaesth., 1966, Volume 38, pages 339-344

"Comparison of Effects on Tissue Oxygenation of Hyperbaric Oxygen and Intravascular Hydrogen Peroxide.", Norman B. Ackerman, M.D. and Floyd B. Brinkley, B.S., Surgery, February, 1968, volume 63, number 2, pages 285-290

"Extracorporeal Oxygenation with Hydrogen Peroxide", John A. Awad, M.D. and Wilfrid M. Caron, M.D., Journal of Surgical Research, August, 1969, Volume 9, number 8, pages 487-491

"Generation of Hydrogen Peroxide in Biomembranes", T. Ramasarma, Biochimica et Biophysica Acta, 1982, Volume 694, pages 69-93

"Formation and Reduction of a 'Peroxy' Intermediate of Cytochrome C Oxidase by Hydrogen Peroxide", John M. Wrigglesworth, Biochem. J. , 1984, volume 217, pages 715-719

HEMOSTASIS

"Peroxide of Hydrogen as a Hoemostatic", M.F. Coomes, A.M.M.D., Louisville Medical Monthly, September, 1896

"Hydrogen Peroxide as a Topical Hemostatic Agent", Fred M. Hankin, M.D., et al., Clinical Orthopaedics and Related Research, June, 1984, Number 186, pages 244-248

IMMUNE FUNCTION

"Extracellular Cytolysis by Activated Macrophages and Granulocytes - I. Pharmacologic Triggering of Effector Cells and the Release of Hydrogen Peroxide", Carl F. Nathan, Linda H. Brukner, Samuel C. Silverstein and Zanvil A. Cohn, J. Exp. Med., January, 1979, volume 149, pages 84-99

"Extracellular Cytolysis by Activated Macrophages and Granulocytes - I. Hydrogen Peroxide as a Mediator of Cytotoxicity", Carl F. Nathan, Linda H. Brukner, Samuel C. Silverstein and Zanvil A. Cohn, J. Exp. Med., January, 1979, volume 149, pages 100-113

"Hydrogen Peroxide Metabolism in Human Monocytes During Differentiation In Vitro", Akira Nakagawara, Carl F. Nathan and Zanvil A. Cohn, Journal Clin. Invest., November 1981, volume 68, pages 1243-1252

INFECTION

"The Effect of Intra-Arterial Hydrogen Peroxide in Rabbits Infected With Clostridum Perfringens", Bruce E. Bradley, et. al., The Journal of Trauma, Volume 5, Number 6, 1965

"Killing and Lysis of Gram-negative Bacteria Through the Synergistic Effect of Hydrogen Peroxide, Ascorbic Acid and Lysozyme", T.E. Miller, Journal of Bacteriology, June, 1969

"Hydrogen Peroxide Mediated Killing of Bacteria", Dennis P. Clifford and John E. Repine, Molecular and Cellular Biochemistry, 1982, volume 49, pages 143-149

INFLUENZAL PNEUMONIA

"Influenzal Pneumonia: The Intravenous Injection of Hydrogen Peroxide", T.H. Oliver, M.A., B.Ch. Cantab, M.D., and D.V. Murphy, M.B., The Lancet, Feb 21, 1920, pages 432-433

LUNGS

"Vicarious Absorption of Oxygen in Pulmonary Obstruction", R.A. Reid, M.D., The Massachusetts Medical Journal, September, 1901

MALARIA

"Killing of Blood-Stage Murine Malaria Parasites by Hydrogen Peroxide", Hazel M. Dockrell and John H.L. Playfair, Infection and Immunity, January, 1983, volume 39, number 1, pages 456-459

WARTS

"On a Simple and Painless Treatment of Warts", M. Manok, Cumulated Index Medicus, Hautarzt, September, 1961, volume 12:425, Germany

WOUND HEALING

"The Peroxide of Hydrogen (Medicinal); An Indespensable Wound Sterilizer", George H. Pierce, M.D., New England Medical Monthly, November 1892

"Use of Intra-Arterial Hydrogen Peroxide to Promote Wound Healing", G.A. Balla, M.D., et. al., American Journal of Surgery, November 1964, Volume 108, pages 621-628

The following monograph was never published in a peer-reviewed journal, but it should definitely be reviewed by anyone interested in learning about hydrogen peroxide.

"The Therapeutic Use of Intravenous Hydrogen Peroxide and its Adjunctive Use in EDTA Chelation Therapy", Charles H. Farr, M.D., PhD., (A Review, Clinical Experience and Experimental Protocol, 1986)

For more detailed information, visit...

www.FoodGrade-HydrogenPeroxide.com